

Under The Stars

REFLECTING LIFE'S JOURNEY...

A Quarterly Publication of Southern Cross Care (Tas.) Inc.

SPRING 2018

FAREWELL TO RAY GROOM

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SOUTHERN CROSS CARE (TAS.) INC.
**GREAT GRANDPARENTS
DAY 2018**

Photos and stories Page 8



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ADDRESS

85 Creek Road New Town 7008

POSTAL

P.O. Box 815

Moonah TAS 7009

Email: melissa.coad@scctas.org.au

Ph: 6214 9717

EDITOR

Michael Swinson

Email: mike@cimatters.com.au

FEATURE CONTRIBUTORS

John Birkett

Eric Byrne

Shireen Diez

Dean Ewington

Pat Flanagan

David Johnstone

Andrew Jones

Greg Kerin

Tim Pain

Judith Sweet

UTS MANAGEMENT COMMITTEE

Alex Macaskill

Michael Mazengarb

Mike Swinson

Pauline Robson

Tom O'Meara

ADVERTISING

Melissa Coad

Ph: 6214 9717

Michael Mazengarb

Ph: 0438 387 189

CIRCULATION

Melissa Coad

Ph: 6214 9717

DESIGN

Integral Communications

PO Box 644, Sandy Bay

TAS 7006 Ph: 0428 588 599

PRINTING

Foot & Playsted

99 – 109 Charles Street,

Launceston, TAS 7250



IN THIS ISSUE

SPRING 2018

Great Grandparents Day celebrated in style at Glenara Lakes with resident Gaye How with granddaughter Chloe, daughter Janine and grandchild Lochie Moylonjkjk.

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Caring across Tasmania

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FROM THE EDITOR

Why do many in our community continue to support charities, why do some contribute to funding appeals even though they may not have much to spare, what makes us so good at fundraising in Tasmania?



There are an endless list of 'good causes,' appeals for the homeless, for medical research, for organisations like the Salvo's, the Heart Foundation, for drought stricken farmers, for those who do not have enough money to put food on the table, or the rent for the month ahead.

Tasmanians have a reputation for giving that is one of, if not the best in Australia. Even though our average income is the lowest, we give the most. Why? What makes us happily part with our hard earned cash?

The residents of one SCC retirement village, St Canice support a wide range of charities and are involved in many fund raising activities, seemingly always raising money for others. Other facilities have regular fund raising activities, that don't gather bucket loads of cash but keep on giving small amounts often. It all makes a difference to the organisation that receives the cash.

As an example, Friday August 3rd was "Jeans for Genes" fundraising day with Rosary Gardens and the SCC State Office participating – as well as the Fairbrother construction team on site, who were stunningly generous in their donations, which as one of the guys said

'any of us may need help like this one day!' A total of \$317 was raised. Imagine how much cash would flow from the hundreds, if not thousands of places where fund raising activities were held. A number of other SCC sites also participated in this fund raiser, the more the merrier, as they say.

In the USA over 55% give to charitable and/or research causes. The figure is even higher in Tasmania.

So what is behind this urge to donate, to give money away to others?

Recently Dutch scholars Rene Bekkers and Pamala Wiepking published a paper that identified the key factors that drive giving.

What they found is that 85% people gave simply because someone asked them to! It obviously pays to ask! Yet that doesn't solve the question of how donors who are approached by many causes choose which ones they will support.

Most people give to causes that affirm important values, including compassion and wanting to make a difference. But donors don't give only from the heart. They consider the costs and benefits of giving, and the benefits to themselves such as feeling good or looking good to others. (Do your friends tell all and sundry about how much they give?)

So there you have it, all I can say is keep up the good work, keep on supporting good causes because the need will always be there.

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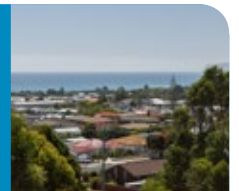
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PATRICK ANDERSON

KIDS BIZ DAY A WINNER AT YARAANDOO

By LLO's Maria Barnard and
Linda French

Early this year we started regular visits with children and two carers from local childcare business, Kids Biz Family Day Care.

Each Tuesday morning Mandy and Shari-lee bring along 5 children, aged from 7 months to 4 years and in school holidays they also bring along a few older children.

They come from 10am to 12noon and the visits are proving to be a real hit with our residents. The interactions and the bonds that form between the children and residents have grown and it has become a highlight of the week for some residents.

Each week that the children visit we involve everyone in different activities from playing with the balls and balloons to having giant balloons, playing quoits or simply reading books. The kids have made slime which the residents thought was really weird to touch. They made clouds that smelt nice but felt funny and different when you held it in your hands. (Editor: I'm not sure what 'clouds' are, even though I have 7 grandchildren!)

We have decorated plastic Easter eggs and made centre pieces for the tables by sticking colourful feathers on sticks. Recently the activity was making up potted plants to give to the lady residents for Mother's Day.

It really has proved to be a wonderful success, much loved by all. We have also celebrated one of the children's birthday, young Piper's 1st Birthday (and first) at Yaraandoo the youngest birthday celebration we have ever held here.



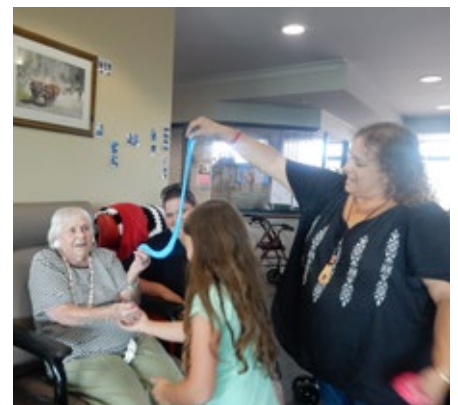
▲ Millie with the slime



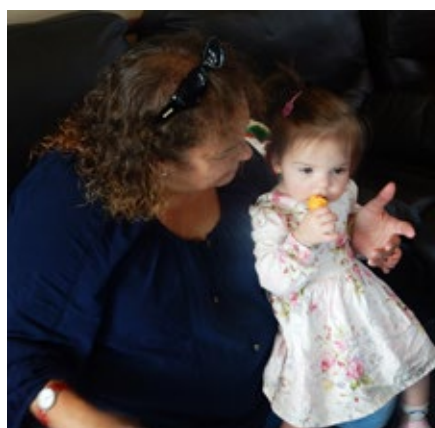
▲ Knox



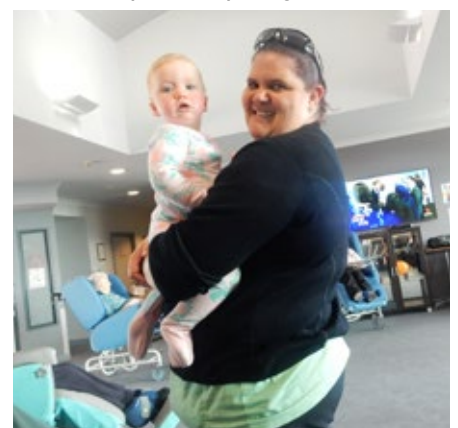
▲ Birthday Girl Piper



▲ Resident Nola Foss touching the slime with Mandy and Mandy's daughter Millie



▲ Mandy and Piper



▲ Maria Barnard Leisure and Lifestyle holding Eden

Southern Cross Care

FAREWELL TO RAY GROOM



▲ Fairway Rise Opening 2014

FAREWELL RAY GROOM

Ray Groom AO, a former AFL star and Premier of Tasmania has finally decided to blow the fulltime whistle on his time with SCC. He joined the Board of our organisation back in February of 2002, serving as both a Board Member and Deputy Chairman for his first 4 years. Then when Peter Patmore resigned from his role as Board Chairman, Ray Groom took over the helm of SCC.

"Peter Patmore approached me to take over the Chairman's role when he thought he had done enough, even though when I first started I had thought I would give 5 years to SCC. I took on the role of Board Member because I knew the organisation and its philosophy from personal experience.

My dear Mum Eileen Groom was a resident at Guilford Young Grove and received much loving care from staff until she finally passed away. So when he approached me to join the Board I thought I better do the right thing by my mother."

With Ray Groom on the Board and then as Chairman, SCC has expanded exponentially. Staff numbers have doubled from 600 to over 1200, assets have gone from around \$9 million in 2002 to over \$300 million in 2018 and both will continue to grow.

Yet in all that time SCC has never been in the headlines for the wrong reason, no complaints, no stories of mistreatment of residents, just a steady flow of good news, of re-developments, of retirement village constructions across every facility, with more to come.

"We haven't had a major negative public issue in that time, it's due to our staff, who are always loving, caring and dedicated, I am always so impressed by them, they are just a wonderful group of people. They are paid less than their counterparts in the hospital system, but at SCC we provide the best salaries and conditions to our people when compared to other providers in the state, that's something that I am very pleased about.

Our priority has always been to provide the best possible care to our aged care residents, our community care, or home care clients as it's now called, and our retirement village clients."

The SCC ethos is to provide loving, dedicated care to all. The organisation has a heritage that arose from the Knights of the Southern Cross, but is now a non-denominational organisation providing care to everyone, no matter what religion or creed they follow, Christian and non-Christian, even those who don't believe at all.

"SCC has never advertised. Our products reputation is spread by word of mouth, we have built good quality villages, and never had to advertise and we have long waiting lists at many of our villages and facilities. For example, look at the atmosphere and ambience of Glenara Lakes in Launceston, it really is a very beautiful area, with plenty of residents who love to help look after it. It's no wonder we have waiting lists for facilities like that and we have scheduled another expansion soon."

Southern Cross Care

FAREWELL TO RAY GROOM

According to Ray Groom, for most of the time all levels of government have been very supportive, but he is very disappointed about local government imposing a rates burden on the retirement villages, when they provide almost nothing in return.

"We built all the roads, footpaths and installed services, we look after the verges, storm drainage and gardens, all the infrastructure is paid for by us and it's paid for by residents with their service and maintenance fees contribution. The councils want to charge everyone the general rate, and it's no small amount. In some cases it can be \$1500/yr or more. While some of our retirement village residents can afford that, many cannot and it's been hard for them trying to find that money since the first court case that we lost. However our legal case in our appeal against this charge is due for hearing before the full Supreme Court on October 1st. Our great lawyer, Brett Walker QC is flying down from Sydney to appear in the case, and his strong advice is that we have the law on our side, even though we were overruled by the magistrate."

"Being Chairman of SCC is an honorary role, no-one has a paid position on our Board and I was pleased to take it on because SCC is a wonderful not for profit body. I could serve the community and give something back. I have had a great life in this state, playing AFL then into law then into politics, wonderfully supported by my wife Gill, she was even there at every match I played in the AFL.

With her support it has been a pleasure and a privilege to play a role with SCC over the years.

My relationship with CEO Richard Sadek is great, we talk often and share problems, he has been, still is, a great CEO. That's critical for an organisation of this size to function properly. It's so different from the cut and thrust of politics, where things can turn nasty sometimes, often do. Not in this business, not in SCC.



▲ Ray with staff 2014 SCC week

Stephen Shirley will take over as Board Chairman, he's been with us on the Board for 5 years now, he's been President of Hobart Rotary Club, he's been senior financial manager in various state government departments and comes from a big family. I knew his late father who won the Burnie Gift and was also one of our residents, Stephen will be a great fit for us, very sensible with good judgement."

As Ray Groom leaves he can look back on most of the SCC facilities being in really good shape, they have been expanded, updated and improved already or a project is planned or already underway. The Strategic Plan has a large expansion and re-build planned for Mary's Grange and another expansion for the Glenara Lakes Retirement Village.

"Almost all of the construction businesses in Tasmania love working for and with SCC, we are known as a good payer, a business that pays on time. That's a good reputation to have.

I will miss everyone but I am looking for new challenges, I've only had one footy team, the Demons, but I am looking for something else to do. Everything that has happened at SCC has been from team

efforts, senior management working with the Board, working with staff and volunteers and everyone focussed on looking after residents.

It's been a great place to be for these past many years, I shall miss it!!!"

Editor: *We take this opportunity to say "Thanks Ray, you have done an amazing job, giving of your time, drive, energy and vision for these many years, we will all miss you!"*



▲ Stephen Shirley to replace Ray Groom



SOUTHERN CROSS CARE (TAS.) INC. GREAT GRANDPARENTS DAY

FRIDAY 13TH JULY 2018

AINSLIE LOW HEAD

To celebrate Great Grandparents Day at Ainslie Low Head we decided to combine the celebration with an afternoon tea with entertainment by Mrs Pam Dawson. Pam is a gospel singer and her mother is a resident at Ainslie Low Head. She brought her own music, microphones and set up as a one woman band.

It was well attended by residents and their families, all enjoyed the afternoon and another opportunity to socialise and spend time with their great grandchildren.



▲ Resident Thelma Burcher and her family covering four generations. L to R: Brooke, Louise who is nursing Scarlette, Montana, Indiana, Georgina and Thelma



▲ Clarence Andrews with his Great Grandchildren Daniel Potter on the left and Libby Callinan on his right



▲ Residents John and Vonda Gorsuch enjoying the gospel songs from Pam Dawson

MT ESK

Mount Esk was delighted to celebrate Great Grandparents Day with a variety of generations participating in our afternoon tea.

Annabelle and Lydia Sanzaro nominated their Great Grandfather 'Poppa Joe.' They described him as being caring and loving and referenced his 90th birthday party as the most awesome thing they have done with him. Poppa Joe's laugh is the thing that they find the funniest about him – and it is something that we appreciate and hear often at Mount Esk too.

Facility Manager Rebecca Eiszele reminisced at the afternoon tea about the time she spent growing up surrounded by great grandparents and grandparents. This was something that she recognised as having a significant contribution to her decision to work in the aged care sector.

Mount Esk is very fortunate to be co-located with a local Catholic primary school, so there are many opportunities to see the wonderful mutual benefits of relationships between the young and old.



▲ Annabelle and Lydia Sanzaro nominated their Great Grandfather 'Poppa Joe'



▲ Judy Wickham's family with Judy

SOUTHERN CROSS CARE (TAS.) INC.
GREAT GRANDPARENTS DAY

FRIDAY 13TH JULY 2018



GLENARA LAKES

By Ian Dalton, Pastoral Carer at Glenara Lakes Apartments

Great Grandparents Day was celebrated at Glenara Lakes Apartments on Friday 13th July by about 50 people. Invitations had been sent out to all our resident's families who were old enough to be great grandparents. It was great to see so many great grandchildren and grandchildren enjoying the afternoon with residents. In more than a few families there were four generations celebrating the occasion together.

Leisure and Lifestyle carer Dee McLoughlin and her volunteers had done a wonderful job of decorating the lounge and dining area, organising the afternoon tea so that everyone one had a good time.

The residents all said they loved the afternoon tea and were delighted to be able to see all the children interacting with each other; laughing and playing, it meant that the children enjoyed the afternoon tea at least as much as the older members of their families.

Editor: *Too right mate, I would have loved a swish afternoon tea when I was a littlun, the more cakes and biscuits the better!*



▲ Gaye How with Chloe, Janine and Lochie Moylonjilk



▲ Sheila Brown, May McLachlan and her grandson Christopher McLachlan



▲ Lynette Hardman, Fran Langridge and Merle Whitchurch



▲ Caitlin Stewart, Max Kerrison, Rooke Kerrison and Ella Turner



▲ Monica Bain with granddaughter Georgie



SOUTHERN CROSS CARE (TAS.) INC. GREAT GRANDPARENTS DAY

FRIDAY 13TH JULY 2018

GUILFORD YOUNG GROVE

On Friday the 13th of August 2018 Guilford Young Grove held a teddy bears picnic to celebrate the Great Grandparents that live at our facility.

All great Grandchildren were invited and asked to bring along their favourite teddy bears to join in the celebration. The great Grandchildren shared their fondest memory of their Great Grandparents and what they love most about them.



▲ Resident Grace Fahey with Joshua Great Grandchild and Daughter Jill



▲ Resident Joan Blizzard with Harriot and Ned Great Grandchildren, and Son Paul and Grand daughter Stephanie

ROSARY GARDENS

"Great-grandparents Day" was celebrated at Rosary Gardens with a morning visit from children from the Lenah Valley Child Care Centre much to the delight of our residents and in the afternoon a celebratory afternoon tea was held where resident Rosa Free was joined by her 2 great-granddaughters Phoebe and Laura.



▲ Two of the children from Lenah Valley Child Care Centre with Rosary Gardens residents Margaret Oates and Jorge Estorninho



▲ Resident Rosa Free with her two Great Grandchildren, Phoebe and Laura

SOUTHERN CROSS CARE (TAS.) INC.

GREAT GRANDPARENTS DAY

FRIDAY 13TH JULY 2018



MARY'S GRANGE

By Rachel Cooper LLO

We gathered together at Mary's Grange to celebrate our Grandparents and Great Grandparents. We were lucky enough to be joined by a resident Beth, and her lovely daughter, granddaughter and great grandchildren. The children arriving brought smiles to many a face. Residents remembered and shared stories from their own childhoods, and how they used to enjoy spending time with their grandparent-baking together and licking wooden spoons, fishing with Grandpa, or just skimming stones at the water's edge.

The simple joy of a long rambling country walk together, where someone was just so interested in *everything* you had to say. It was mentioned how nice it was to pass this same experience on to their own grandchildren-spending time with them and offering the gift of patience and time, not often found in the busyness of life when raising their own children.

We had old time kitchen items set out on tables to invite memories; lots of advice given from the resident's on how to use them, prompting much laughter. Frail hands touched and shared the sensory items-from brightly patterned aprons, to an old nutmeg press and faded recipe pages. We read poems of humour and love, as we rounded off a warm and happy afternoon with a nice hot cup of tea and a cream cake.

"It will be a long time before someone invents something that will replace the "old time apron" that served so many purposes. Remember, Grandma used to set her hot baked apple pies on the window sill to cool. Her Granddaughters set theirs on the window sill to thaw. They would go crazy now trying to figure out how many germs were on that apron. I don't think I ever caught anything from an apron but love." - source unknown



▲ Items from our reminiscence boxes



▲ Staff member Rachael Hodge showing Mrs Joan Dargue items from reminiscing box



▲ Resident Miss Iris Lane, with a novel use for Grandma's Tea Cosy



▲ Laurett Dolliver and Gordon Clark looking at reminiscing items reminding them of a cuppa with Grandma



SOUTHERN CROSS CARE (TAS.) INC. GREAT GRANDPARENTS DAY

FRIDAY 13TH JULY 2018

YARAANDOO

By Maria Barnard and Linda French, LLO's

This is a lovely event for all the residents and their families at Yaraandoo. We were pleased to be able to celebrate the contribution all residents had made to their families. Fun was had by all who attended. The children and their older family members all shared in the day's events. Everyone who participated, residents, family members and staff all commented on the wonderful afternoon tea which had been prepared by the kitchen staff. This was certainly enjoyed by all.

The room was decorated by Maria and myself and we had the joy of being entertained by a performance by Shavae Walters who is the grandniece of one of the staff members. There was a large number of people who helped us celebrate this special occasion.



▲ Shavae Walters



▲ Amarlee Walsh, Lawrence Redman and Mia Rayner



▲ Krystal Elphinstone, Meryl Elphinstone and Bailey Elphinstone



▲ Caleb Clarke, Stella Clarke (absent) and Stella Hawthorne



▲ Evelyn Wells, Charlie Wells and Margaret Richards

SOUTHERN CROSS CARE (TAS.) INC. GREAT GRANDPARENTS DAY

FRIDAY 13TH JULY 2018



SANDOWN

Sandown Apartments celebrated the 3rd Annual Great Grand Parents Day with a Mad Hatters Tea Party, held on Friday the 13th of July.

The lounge room was filled with bright coloured hats of all styles and lots of talking and laughter.

Presents and certificates were given out to the Great Grand Parents and their Great Grand Children.



▲ A resplendent Heather Donovan and her two Great Grandchildren, Elvis and Sapphire Gray



▲ There is nothing as much fun as dressing up and having a party



▲ Janet Lyons with four generations of her family all together



▲ Jo Bath with three Great Grandchildren having fun with balloons



▲ Resident Barbara Calvert with her two Great Grandchildren, Thomas and Sebastian who certainly got right into the Mad Hatters theme



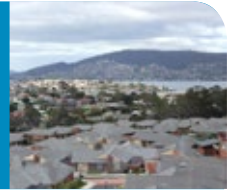
▲ Residents Pat Wilson, Wynsome Fleming, Heather Donovan, Jean Sweet and Esme Birkett



Fairway Rise Apartments

ENJOYING PANORAMIC VIEWS

HERMA WATERS



▲ Tony Gilliam, Ken and his wife Isabel Winter



▲ Murray and Heather Crow



▲ Joan Hutchins, Heather Crow and Geoff Winter



▲ Links Cafe

REMEMBRANCE SERVICE FOR 2018 AT FAIRWAY RISE APARTMENTS

On the 25th of July we held our Remembrance Service for 2018, remembering the residents who have died in the past 12 months.

Our Clergy Fr Terry, Rev Dennis Quinn and Rev Fraser Herbert, who have all had contact with our dear residents, participated in the service.

Through the service the families were able to place a flower in a special bowl on the Altar in memory of their loved one. If the resident wasn't represented Pastoral Care placed a flower in the bowl in memory of them. It was lovely to see so many residents represented.

Concluding the service the families were able to choose a 'material heart' to keep, made and donated by the Craft ladies in the Independent living Units at Fairway Rise.

We followed the service with a lovely afternoon tea. Three members of the Auxiliary donated their time to help with the afternoon tea. It was good to catch up with the family members and hear how life is for them after the death of their beloved relative. Many conversations were had and families also caught up with each other, having met while having loved ones in Fairway Rise.

It was a special time, a mix between sad and happy. I trust that it gives closure to the families and their experience at Fairway Rise.

Pastoral Care, Suzanne Lee

The Links Café



**OPEN TUESDAYS
& THURSDAYS
10am to 12noon at
FAIRWAY RISE**

Coffeeology... Espresso Yourself. Better "latte" than never. Take life one "cup" at a time. So many "blends", so little time. Friends don't let friends drink bad "coffee". Take time to smell the "coffee". Deja, "Brew": the feeling you've had this "coffee" before.



THE RECENT DEATHS OF YOUNG PEOPLE IN THE PERFORMING ARTS

with Eric Byrne

The recent deaths of young people in the performing arts, like the singer Amy Winehouse, got me thinking about the fates of many beloved movie icons who died at a far too young age. Sadly, in this era of readily available narcotic substances, a great many have fallen victim to fatal drug overdoses. Talented people like Heath Ledger, Whitney Houston, the great Phillip Seymour Hoffman and Elvis Presley are just a few of the stars to self-destruct.

Of course, in some instances, conspiracy theories started spreading like wild fire, as in Marilyn Monroe's case. The most prominent one was that she was murdered and her death rigged to look like an overdose to prevent her going public on her affair with J.F.K., a theory that is still floating around half a century later.

One of the best of the then new breed of sensitive, soulful actors, Montgomery Clift, who was so troubled by his closeted homosexuality, coupled with a horrific car accident that scarred his good looks, took to drink and drugs and died at the early age of 45.

Of course not all these early deaths are attributable to self-harm. One of the saddest cases is that of Tyrone Power. Descended from a family line rich in theatrical tradition (his grandfather was one of the leading lights of the Irish stage and his father a popular actor in silent and early sound films) Power seemed destined to follow in their footsteps. Tragedy struck when, while visiting his father on a movie set, the senior Power collapsed from a heart attack and died in his teenage son's arms. In a cruel twist of fate, Tyrone Power would die in exactly the same way, filming a duelling scene with George Sanders for the movie "Solomon and Sheba" in 1958.



▲ James Dean died tragically in a car accident at age 24

After a couple of small roles Power was given the male lead in "Lloyds of London" (1936) and was an instant success at the age of 22. He became 20th Century Fox's biggest box office star; his startling good looks and physical prowess making him perfect for classic period adventures like "Jesse James", "The Mark of Zorro", "The Black Swan", "Blood and Sand" and "Captain from Castile".

He was no slouch at heavy drama either, as he proved in "The Razor's Edge", "Nightmare Alley", "The Long Gray Line" and "Witness for the Prosecution". By all accounts a well-liked, friendly and self-effacing man, he was one of the first stars to enlist for service after Pearl Harbour and, as an accomplished pilot, flew missions over Iwo Jima and Guadalcanal, gaining several citations for bravery. He was only 44 when struck down by a heart attack on that movie set in Spain and his funeral in Hollywood was marked by a massive outpouring of grief from fans, matched only by the mass hysteria surrounding the early death of silent movie idol Rudolph Valentino.

James Dean's death in a car smash at age 24 cut short a career that had him on his way to becoming one of Hollywood's finest actors. With only



▲ "The Conqueror" – the film that killed John Wayne's career

three starring roles to his credit ("East of Eden", "Rebel without a Cause" and "Giant") he had established himself as a cultural icon for the youth of America, a status that still exists 60 years later. His second film, "Rebel without a Cause" was seemingly cursed. All the major players died tragically at a young age – Dean, of course, Natalie Wood – drowned, Sal Mineo – murdered, Nick Adams – suicided while the director, Nicholas Ray, succumbed to cancer.

Another movie similarly doomed from the start was "The Conqueror" (1956) starring a monumentally miscast John Wayne as Genghis Khan and containing some of the most ridiculous dialogue ever committed to celluloid, the film was shot near an atomic testing site in Utah, with a staggering number of the cast and crew developing terminal cancer. Former singer/actor turned producer/director, Dick Powell, was the first to go, followed by Susan Hayward, Agnes Morehead, Pedro Armendariz (who blew his brains out in order to avoid a painful end) and dozens of others. Only Wayne managed to survive to age 72 before cancer claimed him as well.

For the next magazine I will try to be a little more cheerful!



Mount Esk

COUNTRY LIVING WITH A CITY ADDRESS

REBECCA EISZELE



▲ Rebecca Eiszele Facility Manager bringing resident Norris Binns to the Red Nose Day celebrations



▲ Back row L to R: Resplendent Jenny Marshall and Terese Pinkiewicz, Middle Row L to R: Lynda Wilson, Alisha Bishop, Stacey Ryan, Rebecca Eiszele, Rachael Jackson with the Red Nose, Lisa Moore beside her, then in front sitting are residents Norris Binns and Rani Cheong and reclining in style in the very front is our dear prize winning Heather Robinson

A BIT MORE TEAM BONDING AT MOUNT ESK – RED NOSE DAY

Today we went all out for Red Nose Day, raising funds for SIDs. Instead of a simple red nose we decided to take it up a notch with a 'dress red' day, with many of our staff and residents participating. We had a prize of red wine and 'red' lindt chocolates for the winner, who without a doubt was our CCC Mrs Heather Robinson – front and centre!



▲ It's the same with almost everyone, winning and having a go is critical. Mrs Gray, Mrs Gerke and Mrs Humphrey



▲ Residents playing a competitive game during the movement session with Mr Binns, Mr Brooks and Mrs Bridle getting into the spirit of the game

MOVEMENT MATTERS AT MOUNT ESK

'Use it or lose it' they say. Mount Esk is working hard to help our residents maintain their strength and mobility in a variety of ways. Recently we have enjoyed some chair volley ball and balloon tennis. It has been a delight to see the intense concentration from our residents – many of whom have showed their competitive nature!



MAKE THE MOST OF YOUR TAX REFUND

If the tax man brings you a present this year, don't blow it all at once. There are plenty of ways to put this extra cash to good use.

With the end of financial year fast approaching, you may be looking forward to a tax refund from the ATO after you declare your income or investment dividends. And depending on your employment situation, you might also be counting the days until you get your annual work bonus.

If you're expecting to receive a tidy lump sum this year, it can be tempting to treat it like 'free money' and splurge on things you don't really need. But here's the thing – it's not free money at all. You earned it. And while the tax man has held on to it this past year, you haven't earned any interest on it.

So, is there a financial goal you've been unable to achieve because your income never quite stretches that far? Here are five ideas for making the most of a windfall this end of financial year.

1. Clear your debts

Having some extra cash on hand could help you knock your debts on the head once and for all. For starters, consider paying off your credit cards sooner rather than later, so you can break the debt cycle before the interest charges get out of control.

And if you're forever playing catch-up on your mortgage repayments, it might be a great opportunity to get ahead. The quicker you get your home loan out of the way, the sooner you can start enjoying a debt-free life.

2. Boost your super

Every bit extra that you put into your super could make a big difference when the time comes time to retire – especially when you take into account the effects of compounding returns.

So even if retirement seems like a long way off, you might consider putting all or part of your windfall directly towards your nest egg. Each financial year, you can make an after-tax contribution of

up to \$100,000¹ – or up to \$300,000 at any time during a three-year period by applying the 'bring forward' rule if you are under 65 years of age and your total superannuation balance is less than \$1.4 million at the beginning of the financial year.

Already past retirement age? You can still make voluntary super contributions up to the age of 74 if you're still working. And even if you're not, the federal government's new Downsizer Contribution Scheme from 1 July 2018 allows you to give your super a boost of up to \$300,000 if you have extra cash to spare after selling your home².

3. Create a stock portfolio

If you feel confident that your finances and super are on track, you might look at investing in other assets outside the super environment. By building a diversified investment portfolio, you could turn your one-off payment into a long-term strategy for growing your wealth.

4. Save for a house deposit

Struggling to get a foothold in the property market? Your tax refund or bonus could give you or a family member a head start.

And remember, if you or a family member are a first home buyer, the new First Home Super Saver Scheme allows you to make extra super contributions to help save for a deposit. Under this scheme, super fund members can access

voluntary contributions up to \$15,000 in super per year (up to a maximum of \$30,000 plus associated earnings) to put towards your or your family's first home from 1 July 2018.

5. Spruce up your property

If you already own your home, getting some extra cash could be a golden opportunity to increase its value through renovating. Even if you're not looking to sell it anytime soon, you might reap the rewards down the track if you ever decide to put it on the market.

The same goes for your investment property – and what's more, any amounts you spend on improving the property could help reduce your capital gains tax liability when you sell. And although you usually can't claim tax deductions for property improvements, you may be able to claim for necessary repairs and maintenance.

¹Non concessional contribution cap for 2017–18 financial year.

²Subject to meeting eligibility requirements.

6. Ask an expert

To explore the financial strategies available to assist you with making the most of your tax refund, speak with your financial adviser.

Shireen Diez of Camerons Financial Solutions Pty Ltd is an authorised representative of Financial Wisdom Limited AFSL 231138. The information in this article is general in nature. It does not take into account your financial circumstances and objectives. You should consider talking to a financial adviser before making a financial decision.

Do you need help building a secure financial future?

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Rosary Gardens

GARDENS IN A CENTRAL LOCATION

ANN BINGHAM



LEUEY THE BLACKBIRD

By Denise Thompson, Pastoral Carer at Rosary Gardens

For the past few months, the gardens at Rosary Gardens have been home to a rather unusual guest. 'Leuey' is a male Leucistic blackbird who is a bit of a loner around the chapel area but can also be spotted in the company of other blackbirds foraging for worms and insects under the olive tree.

Sometimes when startled he seeks refuge in the foliage of the olive tree, where he becomes harder to spot. We know he is a male because the male black bird is very black, with a deep orange to yellow bill, and a narrow yellow eye-ring whereas the female is brown with a dark bill.

So what is Leucistic? Leucistic means that Leuey has a genetic mutation that prevents pigments from being deposited normally in his feathers, and is quite rare. Even though he hangs out with other blackbirds, it is not known whether he will find a mate because colour is important to birds when they are ready to settle down!

We will have to wait to see whether Leuey pairs up or is destined to spend his life as a lonely bachelor.



▲ A lost and sometimes lonely Leuey



VISIT BY A GERMAN CHOIR

The German choir gave a rousing concert to residents recently featuring traditional instruments and songs which had residents merrily tapping along. OMPA!

Auf weidersen



CHRISTMAS IN JULY

Leisure and Lifestyle Officer Carole Driessen and resident Leokadia Stepinski enjoyed celebrating Christmas In July at Rosary Gardens with staff and residents enjoying a traditional Christmas-themed lunch followed by a carol sing-a-long.



Wine Notes

WITH DAVID JOHNSTONE (Principal of Tasmanian Wine Centre)



A POT OF GOLD...

Iron Pot Bay vineyard, cellar door and restaurant can be found in the small township of Rowella, in the Tamar Valley just 40 minutes drive north of Launceston.

Iron Pot Bay vineyard was first planted in 1988 and it now produces wine from some five hectares of Chardonnay, Gewurztraminer, Sauvignon Blanc, Semillon, Pinot Gris, Pinot Noir and Pinot Meunier. Quite a bunch of varieties for a relatively small block. The modified Lyre trellis vines are all manually pruned and the fruit is hand-picked and from there, the grapes go to Jeremy Dineen from Chromy wines who makes the wines under contract, a task he has happily done for the past ten years.

The Marni family who own Iron Pot Bay; Julieanne, Ashok, and children, Ashli (studying a Bachelor of Viticulture and Oenology in Lincoln, New Zealand) and Liam (in 9th grade) all contribute in varying degrees to the management of the business but it is Julieanne who has dedicated herself to the vineyard and also the marketing of their wine. She is the driving force behind the label and she can tell you, that they have 23,776 vines under her care that produce 45-50 tonnes of fruit a year. Not a bad job to count all those vines, let alone remember all their names.

The cellar door, tasting rooms and restaurant are housed in a converted century old cottage which is adjacent to their vineyard. The cottage was designed by Alexander North, master architect of the late 19th early 20th centuries. He retired from architecture to be an orchardist in Rowella building Holm Lea to live in and he built the cottage that is now the cellar door and restaurant for his son and new daughter-in-law in 1907. Unsurprisingly in those early years it was known locally as the "honeymoon cottage".

The menu at the restaurant can best



▲ Iron Pot Bay Vineyard

be described as eclectic with dedicated vegan, vegetarian and children's menu options. Popular items include Moroccan Lamb Pie and pork Quesadilla, backed with the inclusion of as much local produce as possible. To finish a meal the chef works her magic on not only the main dishes but also with the in house baked desserts with such favourites as Lemon Meringue Pie and a rather decadent Belgian Chocolate Mousse Cake. Yum. The cellar door and restaurant are only open Thursday through Sunday, from 11am to 4pm, kitchen closes at 3pm. Both are closed on public holidays.

Iron Pot Bay makes six or so varietal wines that are well suited to washing down food at the restaurant or indeed at home but these will be fortified soon

with the addition of the Ashli Rose (obviously named after their daughter), and a 2017 Botrytis Sauvignon Blanc/Semillon and a very tasty bubbly Blanc de noir that has been made from Pinot Meunier/Pinot Noir. The last two are not released yet but both will reward those who seek them out.

The future can in part be summed up in Julieanne's own words when she says, "I have put blood sweat and tears into our vineyard and worked seven days a week for years. I have an appreciation for how much work there is from the vine to the bottle. I also have an admiration for the winemakers, part scientist, part artist."

The proof of the quality of the wines is, as it is said, in the drinking.

Cheers.

Glenara Lakes Villas

LIFESTYLE BY THE LAKE



▲ President of the Resident's Committee, Greg Chapman (who is also the bus driver)



▲ Obviously in celebration mode are Gwen and Alan Baker and Margot Martin

ROYAL WEDDING COCKTAIL NIGHT

Never ones to miss an excuse for a party, many of the residents from Glenara Lakes Village decided to celebrate in style when Prince Harry married Meghan Markle on the 18th May.

The event was well attended by just over 50 people including Facility Manager, Helen Marshall and the Northern Services Manager, Lee-Ann Patterson.

There also seemed to be plenty of "royalty" about with many tiaras and elegant clothes giving a lovely atmosphere to the night. Guests enjoyed lovely food and sparkling wine and a toast was given to the "happy couple".

The promised celebration even attracted the attention of the local press when Examiner reporter **Johanna Baker-Dowdell** made contact and wrote this story. (Part of which is included here)

The words "we love a royal wedding" can be heard throughout the world, with excited Commonwealth subjects planning celebrations to mark Prince Harry and Meghan Markle's nuptials.

Up to 60 residents at Glenara Lakes, Youngtown, are joining in the festivities, planning a pre-wedding cocktail party for Saturday afternoon before watching the wedding at their homes.



▲ Helen Cohen and Bernice McKenna clearly into the swing of things

Trish Bennett, Margaret Meyer, Gayle Carroll, John and Helen Burgan and fellow residents have been collecting footage of Prince Harry and his bride-to-be Meghan to screen in the Glenara Lakes auditorium while they sip sparkling wine and enjoy savoury finger food.

"We'll be dressed up in long dresses and tiaras," Ms Bennett said.

"There are a lot of royalists here and the wedding is a hot topic of conversation. And everybody loves Harry."

The auditorium will be decked out in Union Jacks, royal-themed bunting, photos of the happy couple and a portrait of the Queen.

Glenara Lakes residents enjoy getting together to help celebrate such events, including organising a party for Prince George's christening, Ms Meyer said.



▲ Betty Shepherd and Ruth McElwee at the wedding celebration

"It's a fine excuse for a nice evening," Ms Meyer said.

"We're a generation that's grown up with the Little Princess who is now the Queen. And there are lots who are happy to see Diana's youngest boy married.

"We will have a royal toast," she said."

As you can see from the images, dressing up was the order of the day and everyone who attended didn't take long to join in the celebrations and watch spellbound as the event unfolded.

There was also much conversation to be had about 'that address' by Bishop

Michael Curry, and those never to be forgotten words; 'Love makes the world go round.'



IMPLEMENTATION OF HOME CARE MANAGER TO ALL HOME CARE SITES IN TASMANIA

By Tanya Patterson

The world of care provision to elderly Australians who choose to stay in their own homes has been turned on its head recently. Last year the Federal Government decided to change the service and payment system so the client, not the provider is in charge of the services, 'to get what they want, when they want it' according to various Liberal Ministers.

To cope with this brave new world, Southern Cross Home Care has entered into a very exciting phase by changing our software program to deliver a more professional service to our consumers and field workers.

I can tell you from first-hand experience it works an absolute treat, it makes our day to day work providing care packages to people at home so much easier than it used to be. It's now so easy to follow individual budgets and follow money and service trails.

According to Telstra, the Telstra Healths Home Care Manager software is designed to empower an organisation, create efficiencies and remove the stress and headaches often associated with managing a Home Care business. It simplifies staff management, rosters, payroll, invoicing, CDC budgets, consumer statements and government reporting. The system will act as a complete database for both our consumers and workers.

Home Care Manager will enable SCC to enter consumer details, identify their requirements through individualised assessments to produce personalised care plans. Personal attributes, preferences and care plan requirements are then matched to workers via skill,

availability, travel time/distance, gender, language, personal preferences and how many previous interactions they may have had with a consumer to ensure continuity of care.

These are key elements to consider under the new CDC funding rules, as providers we have to "sell" our services to prospective new consumers by ensuring an exact match given their own needs and wants. Remember the consumers are in charge!

The software can do all sorts of wonderful things that only IT software developers and sales people can understand as they speak a different language to the rest of us. Try this one for example:

Home Care Manager will easily record and evidence reasons for consumer leave, such as Hospital, Transition Care, Social Leave and Residential Care. This can then be set to charge according to the organisations specific policies as well as populate government standard reports such as the Medicare or HACC/CHSP returns.

Editor: *Can anyone tell me what that means in simple language? It wasn't written by Tanya!*

Individual CDC accounts are comprehensively managed, consumer statements produced and either emailed directly from the software or printed and posted. Consumers in the future will be able also to access this information directly via the online consumer web portal; Online Care and Staff. (Snail mail is still an option!)

In this day and age, many care providers can no longer rely on their workforce being available for regular patterns of work. Some workers may have lots of free time, others will want to restrict their availability to suit family commitments e.g. no nights, three days a week, every other weekend off, four days on, four days off etc.

Home Care Manager allows someone



at home to set up regular, or irregular worker availability, (cleaning, shopping or showering) which is then automatically used by the software when future visits are being created. A care worker cannot be used to fulfil a visit if they do not have the corresponding shift availability, required skills, employment checks, client experience or enough hours.

Workers schedules will be sent straight to care worker phones using the Home Care Data base. This will enable our rostering staff to send updates in real time, and a message to confirm they received the updates. Details and extensive lists of tasks will also be accessible through the database for carers to read. The application will also direct the carers to the shortest and quickest route to their consumers saving valuable travel time. Consumers will be able to sign the workers phone and this is to enhance confidentiality of individual details whilst carers are moving from consumer to consumer.

The implementation of this project commenced in February this year and Home Care South went live on the 6th August 2018 with major success due to the dedication of our hard-working office staff that completed many hours of data entry and auditing along the way.

North West Home Care will be going Live on 10th September, followed by Launceston.

We are certainly looking forward to the future with a wonderful resource to continue to deliver the exceptional care by our Care Workers state wide.



Across the Table

WITH MIKE SWINSON



▲ Anitra Wilson

WITH ANITRA WILSON

“You know it’s an interesting question, why have I, at age 62, after living on a farm at Cygnet for most of my adult life, suddenly decide to move into a retirement village?”

I have thought about my decision to move and I know it’s the right decision for me. Yet eighteen months ago, a move like this would not have entered my head.”

Meet Anitra Wilson, a new resident in the Grange Villas in Taroona in Southern Tasmania, part of the SCC stable of retirement villages. Anitra is now the youngest resident in the complex and proud to be there.

To understand fully what lies behind Anitra’s decision we have to go back in time and share her life prior to the decision to move. Anitra has two children, twin girls, one is a qualified dentist, the other studying a Dementia Care Degree. Both live in Hobart and

have left home. After her parent’s marriage ended, when she was 12, Anitra moved in with her father who became her rock helping her get through the marriage breakup, then supported her through her degree in Physiotherapy at Melbourne Uni. When she married and had twin girls she re-established contact with her mum. Life was good.

As we all know, life never sits still for long and her father developed dementia. He moved in with Anitra and she cared for him for 5 years until he died. She was still a practising physio and working in aged care facilities, with a developing interest in Dementia.

“Mum was an incredibly active person, always fit and healthy, always off bushwalking or mountain trekking somewhere. She travelled all over the world doing what she loved. Then when she finally realised she wanted to move into a retirement village, at 82 she chose the Grange Villa’s. She loved it here, made good friends but towards the end

of her life she became reclusive and she was also a hoarder.

In the final 2 years of her life she wouldn’t let anyone into the house apart from one of my daughters and she was only allowed into the sitting room at the front. She didn’t like losing her independence and didn’t want anyone to know how bad it had become.”

Eventually the end came for her mum with a stroke and a brief stay in hospital where she died. It was left to Anitra to clean up the house ready for sale. She stayed overnight quite a few times, met many of her new neighbours, friendships soon formed and suddenly Anitra found she had become part of a community. A community with shared values of care, compassion and friendliness.

Robyn Martin, Village and Sales Co-ordinator and Manager for many of the retirement villages in the south takes up the story: *“Anitra was so overwhelmed by the friendliness of the residents, offering assistance, support and the lovely*

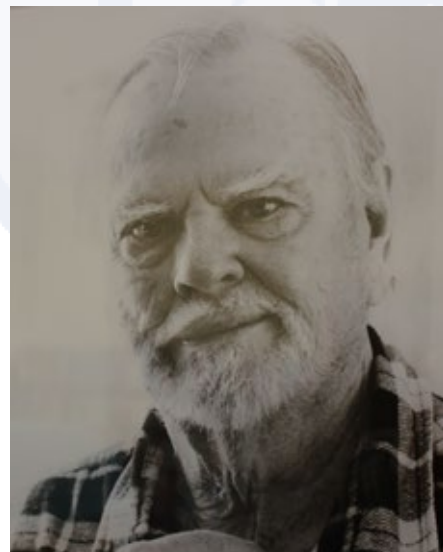


Across the Table

WITH MIKE SWINSON



▲ Anitra's Grandfather's medals from the First World War and the trenches of France



▲ Anitra's Dad

environment that she decided to buy the unit herself and move in. She's only in her early 60s, but fits in really well and is already the Secretary of the Residents' Committee.

She's a physiotherapist and helps residents when they return from hospital following bone breaks. She still works part-time (that's one of the rules of retirement villages, i.e. 55 and over and retired from full-time work) at the Menzies Centre and is also studying for a PhD! Quite remarkable really.

On top of all that, she's a lovely lady!"

"Here I am and I have to say this place, this community is my home and I never want to live anywhere else. I have great friends here now, everyone in our area looks after one another, we have a gardener provided by SCC, a caretaker lives on site, we have our central amenities building with library, meeting rooms, prayer room, even a full sized billiard table. I love it."

Anitra is a physiotherapist, specialising in aged care. She is also in the final stages now of her PhD looking at physiotherapy and dementia.

"My PhD is looking at core muscle strength in the elderly, it's relation to balance and the likelihood of falls and how important it is to keep as fit as



▲ Anitra's mothers bike she was still riding at 83 years old

you possibly can. I know a fair bit about dementia, I've looked after my dad for 5 years, and I have been working in aged care facilities for many years. In fact that something I can do for all my friends here where I live. If they have a fall or come back from hospital I can help with their care at home.

People who live here were so wonderful, so supportive and it really hit me, they were fond of Mum, they supported me, gave me meals, they would visit and chat, it was so nice. That's why I decided to move in. There are 7 villas around me who are wonderful, fantastic. I have

lived in the country for 30 odd years, lots of land around me so I wasn't sure about moving here but they are great, not intrusive, and not noisy.

As you get older moving is really hard and you find it hard to give up things.

I won't move again. I understand what it was like for mum, but for me this is it.

I will continue to practice physio part time and I want to make sure I have time to participate in life here at Grange Villas with all my friends. I also have my two girls so life will be very active for many years ahead and this is a great place to be to do that."

Home Care

CARING IN OUR COMMUNITIES



THE BENEFITS OF A HOME CARE PACKAGE FOR THE MARRIAGE OF MR AND MRS PYNE

Home Care South serves to enable our consumers to enjoy their late years in their own homes. While this ordinarily covers personal care, domestic duties, shopping or respite there are times when we get to participate in the celebrations in our consumers lives.

Our carer Chelsea was delighted to help Mrs Jennifer Pyne prepare for her son Steven's recent wedding. There was much excitement as Mrs Pyne's son had flown down from Sydney to marry his bride in Hobart. Chelsea assisted with make-up and painting Mrs Pynes nails and generally helped her to get ready for the big day.

It makes our job so rewarding to see our consumers live their life to the fullest.



▲ Home Carer Chelsea Loone helped Jennifer Pyne get ready for the big day



▲ Jennifer and Len Pyne ready for the wedding

Southern Cross Care

STATEWIDE FACILITY MANAGERS MEETING

STATEWIDE FACILITY MANAGERS MEETING

The 18th July 2018 saw the first official meeting of all the state wide Facility Managers and the two Executive Managers. The purpose of the meeting was to focus on moving forward with the new structure within Southern Cross Care.

The meeting commenced with CEO Richard Sadek providing an overview of developments within SCC and the wide range of projects and developments currently at the heart of SCC's mission to deliver quality aged care services.

The Residential Team identified what was important to maintaining the state wide integrity of Residential Services and how to ensure the Integrated Business Model works for the benefit of the residents within the homes.



▲ Facility Managers Group

Consistency and Flexibility were key words in supporting the agility of the organisation through the leaders in Residential Services.

Once the business had been addressed and progressed then onto the group photo shoot in the newly developed meeting room within Rosary Gardens.

Podiatry

WITH TIM PAIN (Principal of Tim Pain Podiatry)



It has been over 20 years since I moved to Tasmania having grown up and completed my podiatry training in Adelaide. In that time there have been some great changes to the urban environment with improved walking tracks and trails, parkland upgrades and bicycle access improvements all helping to get the community more physically active than ever before. Simultaneously there have been technological advancements that have also increased people's activity levels and at the same time decreased their risk of injury. An example is footwear technology that has taken some incredible strides forward with superior rubber compounds that increase the durability of shoe outsoles whilst maintaining great ground traction. The blending of materials together means that now shoes are able to provide greater cushioning through the midsole of the shoe but also transition to more supportive footwear components that make the foot more stable as it prepares to propel you forward. And materials that were once heavy are now lightweight, less bulky, and provide better functionality at a fraction of the old manufacturing costs. This all means more shoes with greater design features for specific activity and specific foot types. Whether you are a walker, a runner, play hockey, have flat feet or high arches, there is now a shoe that will match your specific foot function and activity requirements.

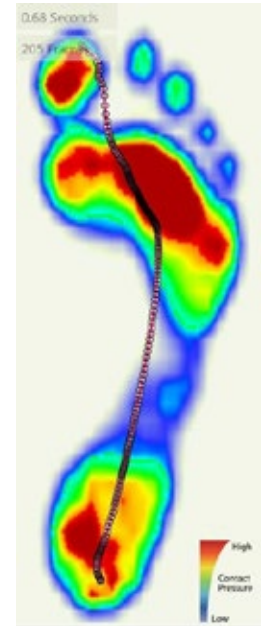
Inevitably some people will still develop foot pain and injuries as they are more active for longer than those generations



▲ Footwear properties



▲ Video gait comparison



▲ Pressure plate result

that came before them. Fortunately, our ability to assess and manage injuries has also improved dramatically over the last 20 years. We can now assess a person's gait using comparative imaging which is extremely useful in identifying mechanisms of injury that were not once easily identified. This means that we can watch someone walking and compare this directly to their running gait, or walking barefoot vs with footwear, or walking before and after a treatment program. We can then take this information and compare it to pressure mapping under the foot which also provides valuable information about the amount of force being applied to the foot in addition to any abnormal movements that may be occurring and loading foot and leg

structures excessively.

All of this information is then used to determine what is the cause of injuries like heel pain, bunion formation, leg pain, etc. This in turn lets us determine a management plan that targets the specific factors that are contributing to the problem because traditionally we know what has helped one person will not help the next, because even though they have the same injury, it is caused by different loading factors. Today we are able to manage problems far more effectively than in the past and return people to activity more quickly than ever before.

The future also looks exciting with more developments on the near horizon.

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Saint Canice

HERITAGE & CONTEMPORARY LIFESTYLE

ROBYN MARTIN



▲ The “Village People” – the combined Saint Canice choir and ukulele group at a concert at Mary’s Grange, Taroona

THE VILLAGE PEOPLE

By Wayne Crawford

THE musical community at Saint Canice Lifestyle Village has brought new meaning to the title “The Village People” as they share their singing and playing with others.

They are yet to break into strains of the dance tunes Y-M-C-A, Macho Man, or Can’t Stop the Music -- made famous by the Greenwich Village-style American disco group – but the Saint Canice “Village People” are developing a musical reputation through performances on radio and at concerts around Hobart.

The Saint Canice choir brought distinction and celebrity to the village by being featured twice on ABC radio’s popular Saturday morning Gardening Talkback show.

And the popularity of the combined choir and the village’s ukulele group is spreading throughout Hobart with requests from retirement villages for the strummers and crooners to visit and entertain their residents.

Choir director and accompanist Shea Henderson organized the professional recording of the choir’s performance of Saint Canice Village Garden, an interpretation of the classic, English Country Garden, which was featured twice on ABC Radio’s popular Saturday morning show, Gardening Talkback.

The lyrics – which open with the line “How many kinds of sweet flowers grow in Saint Canice Village Garden” –



▲ The Saint Canice Village Choir take time out in the village garden

were written by Saint Canice residents and choir members Jean Gibbs and Margaret Crawford.

Radio host Chris Wisbey introduced the “Saint Canice Village Garden Singers” and said the rendition was the latest contribution to the radio programme’s library of about 75 versions of the song. Gardening guru Peter Cundall described the song as “absolutely brilliant”.

The village’s ukulele group was formed in 2014 after a small group from the Hobart Ukulele Group (HUG) visited Saint Canice to give a concert.

Such was the infectious enthusiasm generated that many village residents made a beeline for local music stores over the following weeks to buy ukuleles and basic instruction books.

With the guidance of some of the HUG band, a group of village residents began meeting weekly to enjoy a strum-along. As the group’s reputation spread, requests came from outside Saint Canice

-- from friends of village residents and even strangers -- who asked to join the band, which has grown to at times as many as 20.

As word spread, invitations soon started coming from retirement villages around Hobart for the group to perform concerts. With Shea Henderson both a member of the uke group and leader of the choir, the idea soon developed that the two groups should combine for the concerts. After a series of concerts last year, invitations began coming for return performances at retirement villages including Mary’s Grange, Sandown, Freemasons, Rosary Gardens, Barrington Lodge with more requests expected.

Neither the ukulele band nor the choir pretend to do more than sing and play for the fun of it but the self-styled “Village People” have found even more pleasure in being able to share that enjoyment by taking “music to the people.”



Saint Canice

HERITAGE & CONTEMPORARY LIFESTYLE



ROBYN MARTIN



▲ The combined Stage Band and String Ensemble of the Sacred Heart College with, in the back row, Saint Canice Residents Committee Deputy Chairman Rex Kerrison and Saint Canice choir director and long-time Sacred Heart volunteer supporter Shea Henderson (with her grandson, trombonist Lachlan Steele standing next to her)

SACRED HEART COLLEGE BAND VISIT

By Wayne Crawford

SAINT Canice residents were treated to a concert which had what was described as “the wow factor,” when students from Sacred Heart College bands visited the village.

Thanking the students Resident Committee Deputy Chairman Rex Kerrison said the two bands, the Stage Band and the String Ensemble, had given a concert which provided “the wow factor.” He said the students well and truly lived up to the school motto, *sursum corda*, which translates as “Lift up your hearts.”

“You have certainly done that,” said Rex, after the enthusiastic applause from about 40 village residents who were treated to an hour of music ranging from classical and traditional from the String Ensemble to modern era and Glenn Miller swing by the Stage Band.

The bands put on a very professional performance, having arrived with a busload of equipment including music stands, a wide range of string and brass instruments, and a full drum kit.

The bands were accompanied by teachers, co-ordinator Carmelita Coen and Swing Band conductor Derek Bryce whose energetic conducting proved to be as entertaining as his musicians as he threw himself into the performance.

There was a surprise for Shea Henderson, an ex-student and lifelong volunteer supporter of the college, when her grandson Lachlan Steele, a former student at Sacred Heart, made a guest appearance as a trombonist with the Swing Band.

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Knights of the Southern Cross Tasmania

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Chairman, John Prichard
P.O Box 221
Blackmans Bay, Tas 7052

ACTIVITY REPORT SPRING 2018

INTERNATIONAL CONNECTIONS

The Knights of the Southern Cross are affiliated with the International Alliance of Catholic Knights. We are one of the six Orders whose leaders founded the Alliance in Glasgow in 1979.

There are now fifteen such Orders. The objectives of each are broadly similar; namely to foster the Christian way of life, the advancement of their respective nations, the welfare of their members and their families, spiritual, social and intellectual activities among members and to conduct and support educational, charitable, religious and social welfare work. Each Order was founded in response to particular injustices and hardships suffered by Catholics. When those were largely overcome, the Knights sought other projects in which to engage, such as aged care homes and foreign aid projects.

The oldest Order is the Knights of Columbus, founded in New Haven, Connecticut in 1882. Its initial mission was to overcome the effects of hostility towards Catholic immigrants

and the dangerous working conditions in factories that left many families fatherless. This Order is now present in all of North America, the Western Pacific and parts of Eastern Europe.

The Knights of the Southern Cross began in Sydney in 1919 to promote the Christian way of life throughout Australia and to combat anti-Catholic bigotry. It

incorporates the Knights of Saint Francis Xavier, founded earlier in Melbourne in 1917. Branches of the KSC were established in Queensland, South Australia and Western Australia in 1922 and then in Tasmania one year later. The greatest and most successful project to date is the founding and development of Southern Cross Homes, later to become Southern Cross Care. We are under the patronage of Saint Mary MacKillop.

New Zealand also has its own Order of Knights of the Southern Cross, founded in 1922, independent of the Australian Order, and with similar principles and objectives.

Two Orders of Knights which should not be confused with each other or with the Knights of Columbus, are those of Saint Columba, founded in Glasgow in 1919, and of Saint Columbanus, founded in Belfast in 1915. They now have members all over the British Isles.

Similar Orders are in five West African Nations, as well as Austria, Colombia, South Africa, Knights Pakistan, Mauritius, and Belgium, the latest to join. There is also the Order of the Knights of Saint Gabriel, the Order for the United Nations.

Glen McNamara
Mersey/Leven Branch
19 June, 2018

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In And Around The Gardens

WITH GREG KERIN



WE'VE GOT YOU COVERED

By Greg Kerin

Ground covers are quite literally a plant which spreads out to cover an area of ground.

However, we sometimes narrow that to mostly perennial plants which grow low to the ground and spread outward rather than up. Some of the best ground covers will take root as they spread creating new plants and continuing to spread. This will mean that fewer plants are needed at planting time compared to a ground cover which won't do this.

Either way mass plantings of the right ground cover will create a dense blanket of plant material across the soil.

Usually we look to use ground covers for purely practical reasons. They help to cover bare soil that may suffer erosion, moisture loss and a rapid build-up of weeds. They can also be an inexpensive way to fill in bare sections, particularly if quickly spreading plants are chosen. Ground covers require less watering and attention than your average lawn.

Ground covers will allow the maximum amount of green life in a design but without blocking key sight lines in the garden such as sculptures furniture or feature plants. With so much of our outdoor spaces already covered by hard surfaces like pavers, decking and concrete, it's important to squeeze in as much green life as disposable



▲ *Myoporum parvifolium* / Ground Cover Myoporum

Shade

Fill shaded areas with native plants like Kidney weed (*Deondrea ripens*) low growing grasses and perennial *Viola* which can handle frost but does need reliable moisture. If you are choosing introduced species look for *Lamium*, *Violets* or *Brunnera*. Sea Heart, which has silver heart shaped leaves and small blue flowers.

Roasting Sun

For something indestructible in full dry sun conditions it's hard to beat good old fashioned *Gazania*s and *Osteospermums*. If you can't handle them then think of spreading *Dianthus* or *Carpet Roses*.

Edibles

With the trend for "Grow Your Own" still growing strong you might like edible

ground covers. One good option would be Strawberries but keep in mind they need extra care. Also consider Herbs such as Thyme, Mint, Sage, Oregano and prostrate Rosemary.

Natives

I have already mentioned a few Natives but you can never have too many in our garden. Think about *Myoporum parvifolium* (my favourite), grevilleas like *Bronze Rambler* and *Pororinda*. *Royal Mantle*, Native Pig Face, *Brachyscome* or *Hibbertia*.

Whichever way you go, ground covers will save work and make an attractive part of any garden no matter how big or small.

Happy Gardening!

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Rosary Gardens

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ANN BINGHAM



ROSARY GARDENS RE-CONSTRUCTION UPDATE

By Facility Manager Ann Bingham

Since I moved from Mary's Grange to Rosary Gardens it has been a time of heads down/tails up! I can say it's all very exciting so I thought it would be a good time to update your readers on the redevelopment works at Rosary Gardens as we are just about to move into the third of 5 newly refurbished wings!

As you can imagine it is all systems go with the imminent completion of the third part of the 5-stage redevelopment of Rosary Gardens RACF. The St Therese wing will be ready to move into next week, (early August) which means that the St Anthony unit – Stage 4 of the redevelopment will commence shortly thereafter:

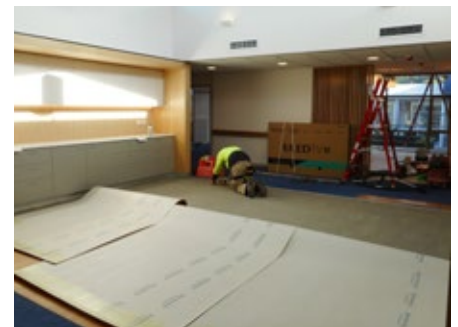
It is an exciting time where we will have more new than old parts to our building and where we are all starting to be able to see a bright new and modern future for our city-side facility, its residents and staff.



▲ Newly refurbished front foyer area

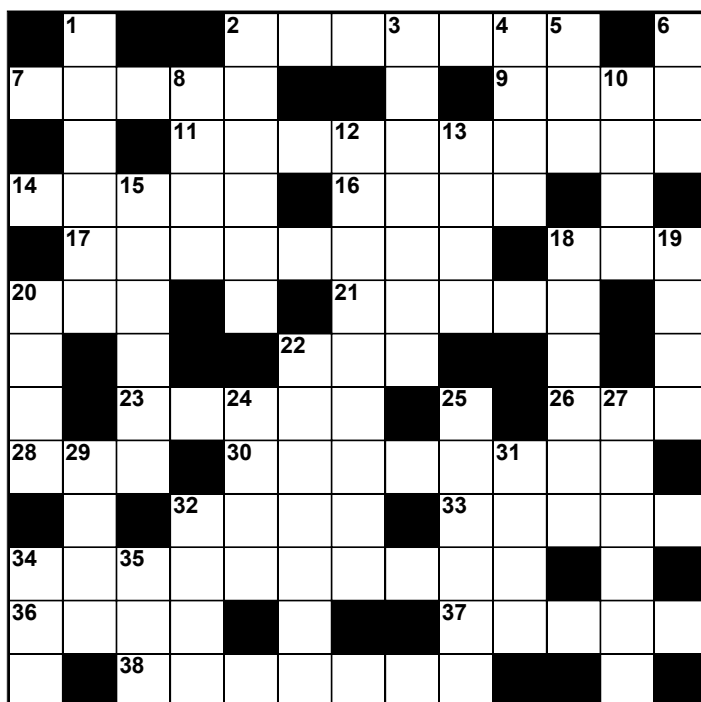


▲ The main hallway through St Therese unit towards the next unit for redevelopment – St Anthony



▲ Flooring being laid in one of the new lounge areas

PUZZLE SCC Crossword No. 35



ACROSS

- 2 Loss of hope
- 7 Exclude
- 9 Ill-mannered
- 11 Spiny rodents
- 14 Symbol
- 16 Lyric poems
- 17 Keeps back
- 18 Snoop
- 20 Consumed
- 21 Go in
- 22 Insect
- 23 Additional
- 26 Forefront
- 28 Spoil
- 30 Obstructed
- 32 Price
- 33 Of birth
- 34 Speculating
- 36 Have on
- 37 Weird
- 38 Was monarch

DOWN

- 1 Explosion
- 2 Male honey-bees
- 3 Discreet
- 4 Part of the eye
- 5 Cricket score
- 6 Acceptance
- 8 Monkeys
- 10 Expensive
- 12 Formal agreements
- 13 Nuisance
- 15 Zoo employee
- 18 Evergreen shrub
- 19 Show tiredness
- 20 First man
- 22 Getting up
- 24 Thunder god
- 25 Set down in writing
- 27 Slowly (mus)
- 29 Prolonged pain
- 31 Storm
- 32 Innermost part
- 34 Couple
- 35 Corn spike



WHY WE HAVE EULOGIES AT FUNERALS

Part one of a two part article by Alan D. Wolfelt, Ph.D.

"Praising what is lost makes the remembrance dear."
— Shakespeare

Visitations, the body, readings, music, and now eulogies—these are the funeral elements that help to make for meaningful funeral ceremonies. Each element uniquely contributes to the funeral, and it is only through combining many elements that you can create the rich tapestry that is the transformative funeral. It is my hope that better understanding the purposes of each funeral element will help educate families so that they can make good, informed choices in what is a very tough time for most.

So why is a personalised eulogy an essential element of every funeral ceremony? Here are some thoughts to draw on about the need for the eulogy or remembrance.

The eulogy—which comes from the Greek *eulogia*, meaning "praise; good or fine language"—acknowledges the unique life of the person who died and affirms the significance of that life for all who shared in it. Without a eulogy and/or other personalised means of acknowledging this particular life and death, the funeral often becomes an empty, cookie-cutter formality. What's worse, it implies that this unique and precious person's life story just wasn't worth gathering and sharing.

I often talk about the value of "telling the story"—of reviewing, aloud, the sequence of events of a person's life, including the weeks leading up to the death. For mourners, telling the story is central to their healing. In the context of the funeral ceremony, the eulogy is the grand, public telling of the story that unites all the mourners present.

In addition to helping them remember the person who died, the eulogy also usually addresses the mourners' search for meaning. What did this person's life mean? What value did it bring to those it touched? Through the stories that it tells, the eulogy often suggests possible answers to these kinds of existential questions and can help begin to move those in attendance closer to a sense of peace, which, far into the future, can also develop into transcendence.

Of course, the very fact that a eulogy is being given doses family members and friends in attendance at the funeral with the reality that the person has died. At the gathering after the funeral, the eulogy often fosters conversation among those same family members and friends, giving them a common lifeline to hold onto as they support one another and give expression to their thoughts and feelings.



Alan D. Wolfelt, Ph.D., is a respected author, educator, and consultant. He advocates for the value of meaningful funeral experiences in his death education workshops across North America each year. This article is taken from his new book.



Saint Canice

HERITAGE & CONTEMPORARY LIFESTYLE

ROBYN MARTIN

CHARITY FUNDRAISING

By Wayne Crawford

THE generosity of the Saint Canice community was on display yet again with nearly \$1700 distributed to charities at the four-year anniversary of the village's monthly Pizza Night arranged by residents Carol and Ian Batt.

Although the evening was never planned as a fund-raiser, Carol says many of the pizza-lovers make donations on top of the \$12-a-head for a half pizza, and the pizza shop gives one free pizza for every tenth purchase. Little by little it all mounts up, with Carol keeping a close eye on the accumulated funds until there is enough to disperse to worthwhile causes supported by villagers.

The village car wash team has also been at it again – braving fickle Autumn weather to wash, vacuum and detail many of the residents' vehicles as a fund-raising venture in the name of charity.

At a recent Pizza Night Carol presented cheques for \$250 from accumulated Pizza Night funds, to two causes which the village has previously supported – Marjorie Brennan's Craft Group and Shea Henderson's "Sewing for Love." St Vincent de Paul, represented by Dick Lawler, received the \$595 raised at the carwash.

The Craft Group, led by Marjorie, knits woollen squares which are sewn into

rugs for nursing home residents. The donation will go towards wool for the project.

"Sewing for Love" is another sewing project – Shea and a group of friends sew sanitary shields for girls in orphanages in India. The donation will help with their biggest expense which is postage.

As well, Carol introduced another charity organisation, Cystic Fibrosis Tasmania (CFT) to Saint Canice's list of groups to be supported, with a cheque for \$600 from the Pizza Nights. For Carol it was a very personal issue – among her work colleagues at Hobart Pathology, Sandy Bay, is laboratory secretary Karyn Synnott whose daughter Ashlee lives with the genetic condition Cystic Fibrosis (CF). Ashlee (now 33) has had two lung transplants. Karyn spoke movingly of the intrusive treatment Ashlee has had to endure since birth.

The "big wash," as the occasional car-cleaning enterprise is known, is done by hardy volunteers in the name of charity – on this occasion in support of the St Vincent de Paul Society.

Long-time supporter of the charity Dick Lawler accepted a cheque for \$595 at the Pizza Night presentation.

The money will go towards the work of St Vinnies, as it is affectionately known, in its work assisting in the fight against social injustice. The work centres on helping families and individuals in need



▲ At the pizza night presentation, from left, deputy chairman of the Saint Canice Residents Committee Rex Kerrison, Cystic Fibrosis Tasmania supporter Karyn Synnott, Shea Henderson, Karyn's daughter Ashlee who lives with Cystic Fibrosis, Carol Batt, Marjorie Brennan, Richard Lawler and Ian Batt



▲ Fully armed and ready for action: the Saint Canice car wash team, from left, David Manton, Rex Kerrison, Peter Newman and Ian Batt

to get food and clothing, furniture and other household items.

St Vinnies was founded in France in 1833 by a 20-year-old university student and now operates in 135 countries and throughout Australia.

The ever-popular car wash offered full cleaning and detailing for a reasonable \$25 a car, but because many paid extra or gave a donation, the \$595 raised for cleaning 18 cars far exceeded the nominated fees.

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WITH DEAN EWINGTON

(Managing Director of Oceana Aquatic & Fitness and Optimum Healthy Solutions Tasmania)



WHY BOTHER TO EXERCISE AT ALL?

By Mike Swinson as Dean Ewington wasn't able to help us out this edition.

Well, according to the experts, exercise makes you look and feel better, that sounds pretty good to me. It makes you sleep better, it gives you more energy, it helps you to relax and it tones your body, reduces unhealthy fat that surrounds your internal organs and while it may not add years to your life expectancy, it will add life to your expectant years! Now that also sounds good to me.

Editor: (Remember, I am slowly approaching octogenarian status, so I keep telling myself to read this stuff, mark it, learn it, then act on it. Acting is getting harder as I get older, well that's my feeble excuse. My wife goes walking at 7.00am almost every morning with a lady who is 86 and still volunteering. One very active, fit and healthy lady. (You'd reckon I'd learn from her example)

Briefly we need to return to why you should bother to get off the couch and out into the fresh (flaming freezing) air. All this wonderful and free advice comes from the website of

the Commonwealth Department of Health on this indecipherable link: [www.health.gov.au/internet/main/publishing.nsf/content/3244D38BB-BEBD284CA257BF0001FA1A7/\\$File/choosehealth-brochure.pdf](http://www.health.gov.au/internet/main/publishing.nsf/content/3244D38BB-BEBD284CA257BF0001FA1A7/$File/choosehealth-brochure.pdf)

It, exercise in case you had forgotten what we were talking about, is according to these experts, good for your mind, so we don't forget what we were talking about so quickly, it reduces stress and anxiety, it helps concentration, it improves self-confidence and reduces feelings of anxiety! The list seems to go on and on!

It helps reduce weight, reduces excess fat, (didn't I already mention that? Can't remember) it helps to control blood pressure, cholesterol, diabetes and bone and joint problems. It reduces the risk of heart disease, stroke and some cancers, helps to maintain and increase joint movement and finally (yes there is an end to this list) it helps to prevent falls and the injuries you can suffer from as a consequence. (If you want to read a compelling story about falls and the severe consequences on your lifestyle, check the next two magazines for I am planning running that first-hand account from a resident of SCC site)

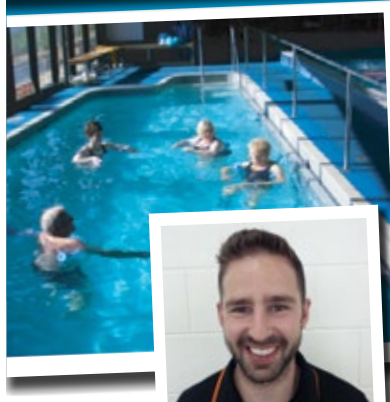
Now back to that website and the advice from expert physiotherapists. Us oldies should accumulate, they say, at least 30 minutes of moderate intensity physical activity on most, preferably all, days. 30 minutes/day is all you need to keep your heart, lungs, muscles and bones in good working order. If you can't manage that start with 10 minutes once or twice a day. After two weeks, make it 15 minutes twice a day and you will have reached your goal of 30 minutes a day.

It sounds so simple, fit people tell you that they love it, can't do without it, so why do I and many others like me find it so difficult to get off my backside and get moving, I think the answer is somewhere close to this, while I think I'm OK, until I get told it's a matter of life or an early death, I will stay comatose.

Well the other day my Doc told me my blood sugar levels were rising, so it's off sugar, puddings, cakes, bikkies and all that. Honey? Said I hopefully. Answer: No, no and no. So no coffee for weeks as I can't abide it without my usual 2 sugars, I tell yer, my body isn't happy, grumbles, aches, complains, wants sugar and coffee.

Maybe exercise will help!!!!

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CAROL JOSEPH

Springhaven

VIEWS FROM A BUSHLAND SETTING



SPRINGHAVEN UPDATE

Construction at the Springhaven site in Southern Tasmania is gathering pace, at least it looks like that to my untrained eye. This will be a pictorial story, needing few words, as the pictures tell their own story. Suffice to say that Spectran the major earthmoving firm are well and truly into the project with Wilson Homes using every available house space to start construction. Tradies van, trucks and trailers are everywhere, while bigger equipment is still hard at work towards the top and back of the busy site.

Things will really be moving on by this time in another 3 months, I will keep you all posted.



Holiday Destinations

WITH ANDREW JONES TRAVEL

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Our tours omit the drawbacks of some of the larger companies – with a relaxed pace and no unnecessary early morning starts; you have the time to really take in your surroundings with a small, intimate group of people.

We ensure a good balance of sightseeing and free time so there is no frustration of feeling too organised – you are free to do as little or as much as you want. We stay in some places for up to 5 nights, and minimise one night stays so that you

can really soak in the atmosphere of a destination.

Each escort has a wealth of knowledge in the areas we visit and understand every detail intimately. This ensures that you are treated to a very special, and truly unique experience.

2. Small Group sizes

Our group sizes range from 12-22, so we can take the coaches that can fit down country lanes and feel like you are in a private car – but with much more room!

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3. Set your own pace

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Imagine driving through the countryside to discover a small local market or festival that you would like to explore. On most coach tours, you would experience this crammed against the window of your bus. On an AJT tour, we have the freedom to get out, become a part of the local community, stretch your legs and enjoy these experiences at a leisurely pace.

If you feel like kicking back and enjoying the view with a book while the group

explores? That's fine too – we will check in with you every now and then, but the day can be your own!

4. Authentic Experiences

We embark on adventures that we cannot do when we travel alone – our groups have been let into the Sistine Chapel before it opens; we visit vineyards and cideries not open to the public; we enjoy exclusive performances special to the destination; we attend local events; take part in cooking classes; and anything that will really get to the heart of a destination.

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Ainslie Low Head

OVERLOOKING THE MOUTH OF THE TAMAR

DEBORAH AUSTEN



WAR ON WASTE

By LLO Maree Youl

This is our Succulent book activity. We had a surplus of books and rather than throw them out Deborah Austen our Facility Manager came up with this creative and crafty idea through a search on google.

It could have come from the site: <https://www.apartmenttherapy.com/diy-book-planters-145212> or from anyone of a number of other creative sits on the web or on Pinterest.

Of course using old books that nobody wants is great, otherwise they end up in the bin. They also allow those of us who manage to kill any plant we buy, to have one that is almost impossible to make it die, succulents. It can make one at least feel as if we have a 'green thumb' and not be always managing to kill everything we plant. It's also fun to make the book gardens as creative as each one of us wants.

As the aforementioned website says 'it's an artistic extension of my design aesthetic, repurposing and re-imagining: taking something beautiful and turning it into something else beautiful.'

Our volunteer at Ainslie Low Head, Sherryl, made up the books and the residents planted the succulents in them. The book gardens look very good.

This was our way to reduce, reuse and recycle. You could say it was our part in the war on waste.



▲ Resident Gloria with her new beautiful book garden



▲ Starting on the left and going up and back down the table. Betty, Loui, Sherryl (volunteer) Gloria, Wendy, Annette, Maree, Kaye and Margaret all hard at work creating book gardens

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Book Review

WITH PAT FLANAGAN



CARPATHIA

Jay Ludowyke

The tragedy of the Titanic is well known. The world's biggest and most unsinkable ship hit an iceberg and sank in three hours with over 1,500 deaths.

But another passenger liner, the Carpathia, heroically saved 712 of the passengers and crew.

On the evening of 15 April 1912 Carpathia's radio operator had officially finished his shift. However he was still listening for one of his earlier messages to be acknowledged when he received message from the Titanic "Come at once, we have struck an iceberg".

Arthur Rostron, the Carpathia's captain was immediately informed. On receiving this news he summoned all the senior officers, told them the news but instructed that no passengers (some 700 of them) be told. He then ordered that they turn north. The doctors (there were three on board) were instructed to prepared for survivors and the crew told to prepare the life boats but not to tell the passengers what was going on.

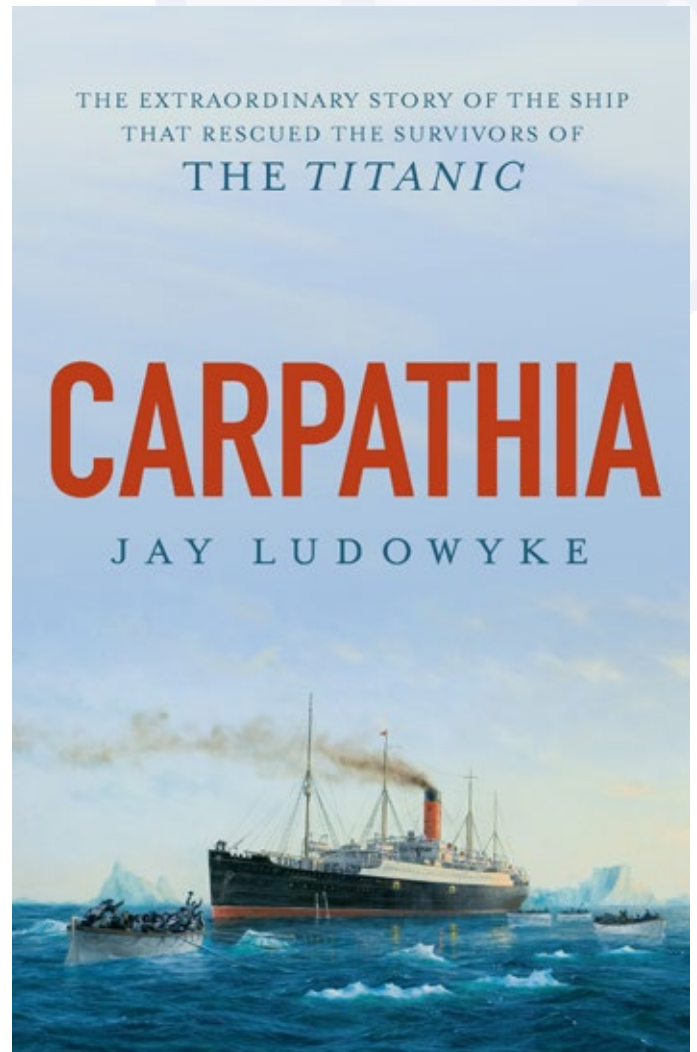
During the day Rostron had received a series of ice warnings from other ships. The night was very dark and the sea calm which made visibility an issue as the lack of reflections or seas washing over them made spotting icebergs very difficult. Unhesitatingly Rostron ordered full speed ahead. To increase his speed he shut down the ships heating and hot water. The Chief Engineer put his hat over the steam gauge so he would not be alarmed at the rising pressure level. Their speed increased from 13 to 16 knots.

Twice in their 107 km dash to the Titanic they had to make course changes to miss icebergs that emerged in the darkness. After one of these near misses the captain was seen standing in a quiet corner of the bridge silently praying.

Carpathia arrived an hour after the Titanic sank. They took on board all those in life boats but were too late for those in the water who would have died of hypothermia. Whilst in the rescue area they encountered another twenty large icebergs.

Another vessel, the California, had been much closer (possibly only 30 km from the Titanic) and although she saw the distress flares did not appreciate their significance or open its radio. It sailed on.

After the sinking the Titanic there were enquiries in both the United States and England. They dealt with the speed of the Titanic (it had been an accepted truth to that date that no iceberg would sink a large ship), the route and actions (or lack



of) of the California as well as making future recommendations. Some of these we now take for granted. All ships must now carry enough life boats for all who are on board and the crew be trained in launching them. (Before 1912 they assumed that if a large ship were to sink there would be other vessels nearby and the life boats role would be to transfer passengers from one boat to the other) Another recommendation was that all ships maintain a 24 hour radio watch.

After the rescue (and taking the survivors back to New York) Carpathia returned to passenger duties. Sadly it was torpedoed and sunk in July 1918 although the wreck was discovered in 1999.

As far as this reviewer's response to the book, I had not heard of it until I was listening to ABC Radio's Conversations program and I decided to buy it and read it. The book is a shortish story that has been somewhat padded out with detail on the wreck, and how they found it. Unfortunately for me, I found the writing style to be at times annoying, yet the interview of the author by Richard Fiedler on ABC radio was fascinating.



Ainslie Low Head

OVERLOOKING THE MOUTH OF THE TAMAR

DEBORAH AUSTEN



VISIT TO THE AUTOMOBILE MUSEUM

Some of the men who are residents at Ainslie Low Head were taken on a special outing by members of the Ladies Auxiliary to the Launceston Automobile Museum. They loved it. It was a time to dream, to reminisce and to marvel at what went before, or what was manufactured for the first time when they were kids.

It was also a trip where the afternoon tea at local restaurant Hogs Breath was enjoyed by all.



▲ Oswald Morris dreaming of this car and what might have been!



▲ Darrel Cullen was quite taken with this car and we can see why!



▲ Faye from the Ladies Auxiliary with Daryl Wade

OUTING TO THE DOLLHOUSE AND MINIATURES EXHIBITION

By LLO Maree Youl

Some of our residents had a bus outing with members of our Ladies Auxiliary to the Dollhouse and Miniatures exhibition at the Inveresk site of the Queen Victoria Museum.

The exhibition is quite extraordinary, so small and so detailed and all made by local model makers. A recent article in the Examiner Newspaper described it this way:

"An entire replica of Monet's house, in miniature; a perfect recreation of Queen Victoria's wedding dress, barely ten inches high, and an imaginative interpretation of a Thai street scene

The Three M's: Miniatures, Models and Memories is an exhibition showcasing the remarkable skills of miniaturists and model-makers from across Northern Tasmania.

At the community exhibition space, the models fill the room with to-scale replications of both real-life scenes and imaginative interpretations.

Meticulous, painstaking research feeds into creations that can be a near-perfect representation of history – such as a tiny, green-tinted cake in Monet's house, his favourite dessert.

Other creations are more free-flowing, not to scale or sourced from a diverse mix of tourist gifts and re-used products, such as earrings down-scaled to become fans, and small figures that were originally keychains now re-purposed."

The Ladies Auxiliary then paid for the residents to have an afternoon tea at the Museum café. The residents really enjoyed the miniatures and marvelled at the work involved.

Editor: LLO Maree Youl, who didn't go with residents on this outing took her 14 year old daughter to see the exhibition and said they both loved it. "It almost made me want to get out my old dolls house and go to work on it again!"



▲ Margaret Judd (resident) seated and two members of the Ainslie Ladies Auxiliary



▲ Maree Leary (resident)

How Sweet it is

WITH JUDITH SWEET



SPRING VEGETABLE PASTA



This dish can be eaten at room temperature as a salad or as a hot pasta dish.

You could add some cooked, flaked salmon or diced chicken to make it a more substantial meal. It is also delicious served as a side dish with grilled or barbequed spring lamb cutlets.

Some finely sliced chilli could be added for some extra flavour.

Ingredients:

- 4-5 cups cooked shell pasta
- 100g snow peas, topped and tailed
- 2 cups baby green peas
- 2 good handfuls of baby spinach leaves (approx 75g)
- 2 tablespoons pesto
- 2 tablespoons finely grated parmesan cheese
- Mint leaves to garnish
- Freshly ground black pepper
- Salt to taste

Method:

- Bring a medium sized saucepan of salted water to the boil.
- Add the baby peas and cook for around 3 minutes.
- Add the prepared snow peas and then add the spinach. Cook for 1 minutes then drain all the vegetables through a colander.
- Place the pasta (hot if you are serving it as hot dish) in a large mixing bowl. Add the hot drained vegetables, the pesto, cheese and pepper.
- Combine then taste for salt and add if necessary.
- Top with some fresh mint leaves and serve.



Glenara Lakes Villas

LIFESTYLE BY THE LAKE

LEE-ANN PATTERSON



ALAN'S VEGIE CORNER AT GLENARA LAKES

Unfortunately, our "boundary" fence has suffered a few delays and the native hens prefer our seedlings to a paddock diet. The birds really like broccoli. Temporary fences proliferate.

Rhubarb, especially the red-stemmed variety is becoming popular. Silver beet is another winter standby.

With the large gardens, there is now space for more berries. Strawberries have always done well, raspberries and blueberries have been transplanted and newer fruits such as thornless blackberries, tayberries, loganberries, and Silvan berries are appearing.

If you have a crop of late tomatoes killed by a frost, stand the plant in a sunny position and you could extend your harvest season by a month or more. It has worked for me the last three years. (Editor: Or pull it out and hang in a covered dry area and the fruit will slowly ripen)

And for our gardeners waiting for some woodchips, once the fence is up, and a truckload arrives, tractor man will dump a load over your front fence. Thanks, Greg.

A helpful friend recently told me how I could double the value of my 1992 Ute. Fill up the petrol tank!

Happy Gardening – Alan Jones

The fence around the vegie gardens has been started so the native hens won't have free range for much longer.



▲ Rhubarb Ever Red

"Part of life is to plant trees that other people will sit under."

Warren Buffet

When you make a bequest to Southern Cross Care you will be contributing to the quality of life of your friends, neighbours and the community. We will make sure that your gift is used responsibly to build a caring future.



**Southern Cross Care
(Tas) Inc.**

www.southerncrosscaretas.org.au
85 Creek Road New Town 7008
Phone: 03 6214 9717 email: bequest@scctas.org.au



If you would like to identify a particular cause please complete this section

Project

Facility

YES, I would like to contribute to the vital work of Southern Cross Tasmania through my donation:

Please find enclosed my donation of \$

☐ Money Order / Cheque made payable to Southern Cross Care (TAS.) Inc.

☐ Please debit my MasterCard / BankCard or Visa Credit Card

Card Number

Exp. Date

Name

Donations of \$2 and over are tax deductible.

Thank You!



Memories

WITH JOHN BIRKETT



JAFFA DAYS

The mention of Jaffas, those delicious orange balls filled with chocolate, immediately arouses memories of the back row at the flicks on Saturday arvo!

Back row? Now, keep it nice and don't start thinking untoward thoughts; Willy, Nibbsie and I chose the back row because it gave Jaffas a longer roll down the sloping wooden floor of the Bughouse!

It was a long rolling sound that made its way from the very back row, right down to the front of the theatre. This event was timed to roll just when the theatre was deadly quiet as the climax of the film came to a head.

The rolling sound was followed by a flashing torch from the ushers, who weren't amused by young larrikins Jaffa rollers!

The Jaffa roll wouldn't work in these days of carpeted and terraced floors. An arvo at the flicks has lost something in that sense.

It is only very recently that someone from Burnie told me, "Roll Jaffas! You've got to be kidding – we used to chuck 'em at the screen!" Tough mob up that way I reckon!

Of course, there were many occasions when the climax of the event was put on hold when the film broke. There was a sudden flash of light on the screen as the celluloid gave way and this was followed by a period of darkness (plus booing and cheering) as we waited for the damage to be repaired so the film could continue.

There were other reasons to select the back row. For a start we were in a better position to squirt our water pistols at necking couples. I even saw Valda from school necking with a big kid one arvo; what a shock! "Valda necking at the flicks! Good grief, what would her mother say?"

The usher flashed his torch in Valda's direction and she sat bolt upright and pretended to watch the film, "What? Who? Me? We weren't doing anything! Get that torch off us!"

Saturday arvo at the flicks usually meant making sure we weren't late; we wanted to see the Cinesound news update (there was no TV in those halcyon days let alone mobile devices that send through news whether or not you want it!) After all, we couldn't miss the Gene Autry (or Gene Ostrich as my son once called him) or Roy Rogers or Tarzan serial that ran week to week.

This was followed by cinema greats such as Treasure Island, Ma and Pa Kettle, The Marx Brothers, John Wayne, Randolph Scott or other stars such as Bogart and Bacall or Hepburn and Tracy.

Of course, in the school holidays, we had the option of giggling at 20 cartoons that included Tom & Jerry, Popeye, Bugs Bunny (*What's up Doc*), The Road Runner and one of my favourites, Mr Magoo, (Waldo my boy), the short sighted, hard of hearing uncle.

I've wondered about changing my name by deed poll as my lifestyle more closely emulates that of Mr Magoo, but I have not, as yet, filled in the required forms. Trouble is I can't see the questions!

At age twelve, we ran into a problem. Our meagre pocket money couldn't cover the ticket price when we were asked to pay adult prices.

Willy reckoned he had the answer; he fronted the box office and asked for tickets for "one and a two halves please miss" (that is one adult and two children). On this basis we planned to split the difference in saving. Great idea!

Panic! Willy was knocked back!

"Your turn Nibbsie" and more success this time. A youthful looking Nibbsie came back with one and two halves and we shared the spoils. Had his smile been



any wider, the top of his head might have fallen off!

The action didn't stop there.

In Hobart, Saturday arvo flicks at the Bughouse (His Majesty's) was followed by a sundae or a caramel malted at the Greengate.

In Launceston the flicks were at the Bughouse (Majestic) followed by treats at Monaghans. If I went to Monaghans with my grandmother, Old Man Monaghan served us personally.

What good memories.

Recently my son and my daughter in law, accompanied by my three grandkids made a rare visit from the north island and I thought I'd love to reminisce with the kids about my Jaffa days; after all, they'd be interested wouldn't they?

Just as I was about to launch into my story-telling, I looked up to find all five heads buried in their mobile devices! What did they care? Time has moved on! Evolution keeps happening!

Anyway, I've had the last laugh; I've told you about my Jaffa Days instead!

FREE JAFFAS: Send a very short yarn about your Jaffa Days to the Editor of *Under the Stars* and we'll send you a pack of Jaffas. Promise, roolly trooly.



LEE-ANN PATTERSON

Glenara Lakes Villas

LIFESTYLE BY THE LAKE



A PLACE TO CALL HOME

by Colleen Hill

I came first to Glenara Lakes for the Official Opening of the Village. I was accompanied by my husband John, and a bus load of folk from the North West Coast.

At first sighting, it seemed an unlikely place for a retirement village, on the outskirts of Launceston, not far from the airport.

Later I was to learn that the area had a historical reference and was originally known as Franklin Village. Sadly, the dwellings of that bygone era have mostly gone, except for Franklin House and St. James Church close by, both built in the 1830's. Nearby was also an hotel, and the Glenara homestead was built some fifty years later. I can well imagine that Franklin Village was an important staging stop as travellers set off along Hobart Rd., leaving town.

In 2004, the emerging village of Glenara Lakes seemed much like any other housing subdivision, except for a charming lake which meandered past the existing houses. The gardens were fairly bare yet, but some very large trees graced the old Homestead, which was the centrepiece of the village, and in the paddocks within the complex, surprisingly a flock of sheep!

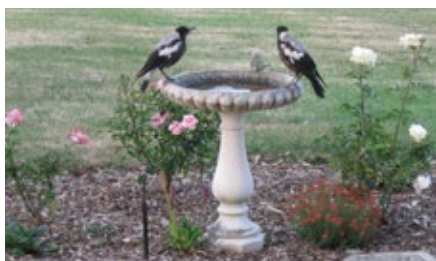
I was to return to Glenara Lakes in late 2005, as a widow, and as a resident in the village. I was made very welcome and I felt a sense of belonging and of security. In the intervening years I have grown older, the trees have grown to clothe the houses, and the gardens have matured and grown more beautiful with each year. Ron's sheep have remained. It is such a lovely place to live, and I find I seldom want to leave, even for a short holiday away.

Glenara Lakes is truly a place for all seasons, each with its own particular charm.

Springtime is a particular joy to me. From my rural aspect, I've watched the first lambs arriving, my rhododendrons



▲ Record Avenue



▲ Resident magpies



▲ A pair of black swans with four cygnets

start to flower, and the avenue of oriental pear trees winding up to the nursing home are a sight to behold as they come into blossom. Each garden in the village, so varied, becomes a riot of colour.

Summer is a colourful time with roses abounding and the ornamental trees and shrubs in each garden making an individual display.

In April, the large oak tree opposite my house changes colour, and slowly the village gardens emerge into autumn's beautiful colours. The many deciduous trees make up the picturesque landscape.

Winter is a quiet time. It is cold, but I feel the gardens have earned respite, during the frosty weather.

Living in Glenara Lakes, one has a close connection with amazing bird life, both in the Village and on the lake. As the trees and hedgerows have grown taller, many species of birds have made their home here. On the lake, wild and domestic ducks mingle happily. I suspect the latter may be fugitives from nearby urban backyards. Black swans come and

go. At present a pair are happily rearing four cygnets on the lake.

In the village magpies and plovers are welcome residents. The plovers are territorial and nest as well around the village and can be a hazard to walkers for a short time. I suspect the magpies nest in the large pine trees, a little distant. They appear again in late Spring with offspring half grown. In late Autumn, I enjoy watching the colourful parrots in my crab-apple tree. The village is truly a place for all birds, large and small.

This year our lovely old homestead has been beautifully restored and given residents more opportunities for activities and entertaining. It has been renamed "The Peter Patmore Homestead" in honour of the man whose vision made this unlikely piece of real estate into an incredibly spacious and beautiful lifestyle retirement village. It has been a very successful venture.

I feel I am truly blessed to live in such a lovely village. I have travelled far and wide in my long life, but Glenara Lakes is a place I seldom want to leave.

It is a place I call home.



LEE-ANN PATTERSON

Glenara Lakes Villas

LIFESTYLE BY THE LAKE



A BIG THANK YOU FROM SELF HELP FOR A WONDERFUL DONATION

Self Help Workplace were amazed at the generosity of two Glenara Lakes residents who donated a pair of recliners in May. Self Help currently employ 51 adults with a disability, so employees were asked to put their names in a ballot, if they could use a new armchair in their home. The two lucky winners, Julieanne and Marcus, were delighted when their names were drawn out. They had a lot of fun in their inaugural sitting, and often mention how comfortable they are!

Thank you again to the two Glenara Lakes residents for such a thoughtful donation.



▲ The lucky winners of the recliner rocker chairs are Julieanne on the left and Marcus on the right

Editor: If you, like me are wondering just who or what is an organisation called 'Self Help,' here is the answer from the website.

'Self Help Workshop trading as Self Help Workplace is an Australian Disability Enterprise which has provided employment for people with a disability

since 1962. Currently employing more than 50 people, we are the largest employer of people with a disability in the greater Launceston area with our employees all enjoying the benefits of real employment through the provision of a steady work environment including wages, superannuation and leave entitlements.'

NEWS FROM THE GLENARA LAKES APARTMENTS AUXILIARY

By Gayle Carroll

Our coffee shop continues to do well and thank you to all those from the Village who come and enjoy a "cuppa" and a piece of cake. The Father's Day raffle will have been drawn on Thursday, August 30th.

A few lucky residents were able to enjoy "High Tea" in the Lounge of the Peter Patmore Homestead on Monday, 13th August. It was only a small gathering and we hope it may be a trial run for a future "High Tea".

Saturday, 24th November is the date set for our annual Christmas Trade Table now renamed the Christmas Bazaar. Pop this in your diary as this will be a great opportunity to do some Christmas shopping at bargain prices!

The Lakes COFFEE SHOP



ENJOY GREAT COFFEE, GREAT CAKE & GREAT COMPANY!

MANAGED BY THE GLENARA LAKES APARTMENTS AUXILIARY



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Yaraandoo

PICTURESQUE VIEWS OF THE COAST

PATRICK ANDERSON



WONDERFUL CRAFT ACTIVITIES AT YARAANDOO

By Maria Barnard and Linda French

We had a busy month of crafts recently, with the residents willing and more than able to produce their creative final products.

Deco-phage was a hit. They decorated old phones and tins. I made a phone and tin up to show them what was possible and what they looked like finished. We then created dilly bags which the residents decorated with stamps, iron on pictures, lace or they coloured in the designs. We finished the month off with our winter craft snowmen. (Maria managed to achieve this task with the result of an A LOL).



▲ Phone by Marj Blazely



▲ Dilly bag by Nola Foss



▲ Snowman by Marj Blazely



▲ Phone by Jan Horler



▲ Tin by Linda French



▲ Tin by Nola Foss

Southern Cross Care

STAFF PROFILES



Name: Simon Hartgrove

Position: Kitchen Service

Facility: Rosary Gardens

Date joined SCC: 3/6/2010

Simon is another new arrival to Tasmania, home was a small village near Northampton, a place called Harpole. He met a Tasmanian girl who was travelling to the UK, they got together, a second time around for both and after some years of trying to make a go of things working in Northampton, struggling to get ahead, 10 years ago they decided to move to Tasmania.

Simon started working at SCC's Rosary Gardens in the kitchen and loves it. His shifts start at 6.30 in the morning and end after lunch. He mixes with all the residents and has, like Ronaldo, a great sense of humour. He loves a laugh and a good joke.

'I get on well with all the residents, I treat them like family because that's what we are. This is their home as well as the place where I work, everyone deserves to be treated well, with respect and caring and compassion. I love a good belly laugh and a joke and so do the residents.'

We are heading back to the UK as this magazine is being printed to see my family for the first time in 10 years. One of my sons from my first marriage came out for a visit but not the other. I miss them and it's tough living this far away, however I do not want to go back to the UK to live, we are so much better off here than we were back there.'



Name: Ronaldo Medina

Position: ECA/Maintenance

Facility: Rosary Gardens and Mary's Grange

Date joined SCC: 25/8/2017

Ronaldo Medina and his family moved from his homeland in the Philippines, to Australia about ten years ago. His wife, Carol, is a Registered Nurse and works full time for Southern Cross Care at Mary's Grange. Their 16 year old daughter is a student in year 10 at Ogilvy High.

Ronaldo really wants to be an ECA but will have to wait until there is a vacancy so he can apply for a job, until that happens he works as a cleaner at Mary's Grange Apartments and Rosary Gardens.

'I like working for SCC, everyone is very supportive and helpful, everyone has made me feel very welcome.' English is Ronaldo's second language, however his Facility Manager Marc Van Impe says his dedication to his work and the residents is remarkable.

'Ronaldo works in different roles from Facility Services (general maintenance and cleaning) and is also a qualified ECA. He is respected by all our staff and residents and is now a valuable member of our community.'

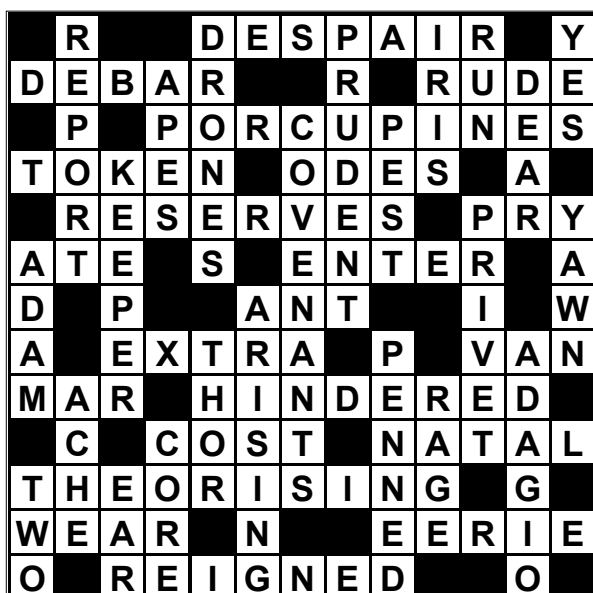
Ronaldo has a unique ability, he can do many things when he puts his mind to it, that capacity and his willingness to put his hand up when needed has been much appreciated when we were preparing for accreditation at Rosary Gardens and Mary's Grange.

The exceptional quality about Ronaldo is that no matter how much pressure we are under he will always act professionally and puts the resident's wellbeing above all else. He was of great help when we were moving residents at Rosary Gardens because of the recent renovations.

Ronaldo likes living in Tasmania, is a keen veggie gardener and also helps with cooking at home.

'I am nearly always smiling and happy, because I enjoy my life here and I like caring for older Australians, we should all treat them the way we would like to be treated, as part of a family.'

SOLUTION SCC Crossword No. 35



Richard Sadek, CEO has initiated a new regular program of staff profiles. In embracing a broad range of different disciplines he said that it was a concept of giving staff recognition particularly those that play key roles in support functions. He said the broad range of different disciplines exceeding 16 roles, all play a key role in ensuring that we deliver the best in care for all our residents.

COMMUNITY EVENTS & PROGRAMS

SEPTEMBER, OCTOBER & NOVEMBER 2018



Launceston City Council

5 – 9 September; Junction Arts Festival – various locations

22 – 23 September; Blooming Tasmania Flower & Garden Festival – Albert Hall & City Park

3rd November; Centenary of Armistice Remembrance Concert 2018 – Albert Hall

Every Saturday, Harvest Launceston – Cimitiere Street

Every Sunday, Launceston Eskmarket – Round House Pavilion, Inveresk

Every Sunday, Sundown Cinema – Launceston Seaport



Clarence City Council

11th November; Australia VS South Africa Cricket – Blundstone Arena

Every Saturday, Bellerive Community Farmers Market, Bellerive Boardwalk

Every Saturday, Richmond Farmers & Makers Market, Richmond Town Hall



City of Hobart

24 – 27 October; Royal Hobart Show - Showground

16th November; TSO Viva Violin! – Federation Concert Hall

Every Sunday, Farm Gate Market – Bathurst Street

1st Friday of each month, Hobart Twilight Market – Macquarie Point & Long Beach



Burnie Council

19th September; A Taste of Ireland – Burnie Arts & Function Centre

20th October; Cherry Blossom Celebration – Emu Valley Rhododendron Garden

1st & 3rd Saturday each month, Burnie Farmers Market – Wivenhoe Show Grounds



Devonport City Council

1 – 31 October; Devonport Food & Wine Festival – various locations

Every Saturday, Devonport Foreshore Market – Roundhouse Park

Every Sunday, Don Village Market – Don Memorial Hall



George Town Council

Third Sunday of each month, Farmers & Makers Market – George Town Cricket Club

Second Saturday of each month, Tamar FM Community Market – Graham Fairless Centre



Kingborough Council

Second Sunday of each month, Kingston Beach Handmade Market – Kingston Beach Hall

Every Saturday, Doll Making – Kingston LINC

Every Sunday, Rotary Club of Kingston Sunday Market – Kingston Town Shopping Centre car park



Waratah- Wynyard Council

13th October; Bloomin' Tulips Festival Day – Gutteridge Gardens

2nd Saturday of each month, Made with Love Market Bazaar - Artscape

1st & 3rd Sunday of each month, Foreshore Market – Wynyard Foreshore

CONGRATULATIONS

Staff 12 Month Anniversary

It is now 12 months since the following staff members joined the Southern Cross Care team in providing devoted service and care to our residents and clients. Thank you for being part of our team and we look forward to many years where you continue to help our residents enjoy a happy, satisfying and rewarding lifestyle.

AINSLIE

Nadia Brown	31/07/2017	Extended Care Assistant
Kimba Collier	11/09/2017	Service Employee

HOME CARE

Tamara King	28/08/2017	Personal Carer
Bronwyn Dawson	11/08/2017	Personal Carer
Sosefina Fineanganofa	17/07/2017	Personal Carer

FAIRWAY RISE

Sweta Mainali	28/08/2017	Extended Care Assistant
Priyanka Thapa K C	28/08/2017	Extended Care Assistant
Catherine Collins	11/09/2017	Enrolled Nurse
Pinki Chaudhary	25/09/2017	Extended Care Assistant
Tracey Carey	11/09/2017	Kitchen Employee

GLENARA LAKES

Tara Sharma Dhakal	31/07/2017	Extended Care Assistant
Bernadette McKenna	14/08/2017	Enrolled Nurse
Kaitlyn Fisher	28/08/2017	Extended Care Assistant
Kahlia Flack	11/09/2017	Extended Care Assistant
Sophie Phillips	25/09/2017	Extended Care Assistant
Kylie Devereux	25/09/2017	Extended Care Assistant

GUILFORD YOUNG GROVE

Alan Meadows	03/07/2017	Leisure & Lifestyle Officer
Ronald Maben	11/09/2017	Extended Care Assistant
Collette Hunt	11/09/2017	Extended Care Assistant

MARY'S GRANGE

Anna Lancaster	05/07/2017	Administration
Sanjeev Upadhyay	05/07/2017	Service Employee
Mercy Kudiwa-Hove	13/09/2017	Extended Care Assistant

MOUNT ESK

Montana Hardinge	31/07/2017	Extended Care Assistant
Gabriella Karras	31/07/2017	Extended Care Assistant
Lucinda Hess	31/07/2017	Extended Care Assistant

ROSARY GARDENS

Corbett Duske	10/07/2017	Extended Care Assistant
Ronaldo Medina	25/08/2017	Extended Care Assistant
Jane Turner	28/08/2017	Enrolled Nurse
Allison Martir	25/09/2017	Registered Nurse

SANDOWN

Mulugeta Tarekegn Angamo	3/07/2017	Extended Care Assistant
Vicki Dengerink	3/07/2017	Service Employee
Marion Carter	3/07/2017	Enrolled Nurse - Sandown
Rejina Shrestha	3/07/2017	Extended Care Assistant
Mark Fewkes	17/07/2017	Service Employee
Mary Webster	17/07/2017	Service Employee
Brian Wood	25/09/2017	Extended Care Assistant

STATE ADMINISTRATION

Jamie Hayes	26/07/2017	Gardening General Maintenance
Jared Hall	21/08/2017	IT Help Desk Officer

YARAANDOO

Prue Hossack	14/08/2017	Extended Care Assistant
Douglas Frankcombe	6/09/2017	Service Employee
Victoria Cooper	25/09/2017	Extended Care Assistant
Marcia Witeri	25/09/2017	Extended Care Assistant
Reena Mehra	25/09/2017	Extended Care Assistant
Tirtha Raj Timalina	25/09/2017	Extended Care Assistant



Southern Cross Care (Tas) Inc. provides the most comprehensive range of facilities and services throughout Tasmania. Major regions have a range of facilities complimented by our community care service that provides home care support for our clients.



WE HAVE AN OPTION FOR YOU

List of Facilities and Services at Southern Cross Care (Tas.) Inc

Facilities	Address	Independent	Residential
AA Lord Homes	131 Hill Street, West Hobart 7000	84 units	-
Ainslie Launceston	5 Waveney Street, Sth Launceston 7249	60 units/10 rooms	-
Ainslie Low Head	196-244 Low Head Rd, Low Head 7253	34 units	69 places
Ainslie Westbury	87 Meander Valley Rd, Westbury 7303	6 units	-
Fairway Rise	1 Toogood Drive, Lindisfarne 7015	106 units/apartments	91 places
	2 Toogood Drive, Lindisfarne 7015		
Glenara Lakes	390 Hobart Road, Youngtown 7249	93 villas	88 places
Guilford Young Grove	13 St Canice Avenue, Sandy Bay 7005	38 units	56 places
Mary's Grange	5 Grange Avenue, Tarooma 7053		105 places
Grange Villas	26 Channel Hwy Tarooma	36 apartments/villas	
Mount Esk	38 Station Road, St Leonards 7250	-	75 places
Rosary Gardens	85 Creek Road, New Town 7008	-	141 places
Sandown Village	Southerwood Drive, Lwr Sandy Bay 7005	34 villas	60 places
Saint Canice	15 St Canice Avenue, Sandy Bay 7005	64 units/apartments	-
Springhaven	38 Gordons Hill Road, Lindisfarne 7015	Under Construction	-
Tarooma Villas	100 Channel Highway, Tarooma 7053	13 units	-
Yaraandoo	1A Cardigan Street, Somerset 7322	10 units	82 places

Home Care Packages Level 1 – 4 are available statewide. Our offices are located at:

South – 85 Creek Road, New Town – (03) 6214 9750

North – 196 - 244 Low Head Road, Low Head & 390 Hobart Road, Youngtown – (03) 6382 4907

North West – 29 Wragg Street, Somerset & 81A Gunn Street, Devonport – (03) 6435 0340

State Administration Office – (03) 6214 9717

Residential Enquiries Officer (South) – (03) 6214 9714

Residential Enquiries Officer (North) – (03) 6343 0240

Southern Villas Co-ordinator – (03) 6216 7160

Northern Villas Co-ordinator – (03) 6344 7911